

How To Overcome
Overthinking -
Ruminating - Negative
Thinking

#HTOORNT

Learn How to
Overcome Overthinking
– Ruminating –
Negative Thinking

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Chapter 1 - Spiritually Change Your Thinking, Spiritually Change Your Life

In the world & society today, there are millions of people that are struggling with depression, mental health difficulties, anxiety, stress and feelings and emotions. In the world & society people who have severe mental health conditions of Depression, Schizophrenia, PTSD, EUPD, Bipolar Disorder, Bipolar Affective Disorder, Schizoaffective Disorder, Anxiety, Mixed Anxiety, Personality Disorder, Autism is finding it very difficult to process negative feelings, emotions, thoughts which is causes suffering – pain – adversities to affect their daily life. More Men & Female don't see no hope for the future and mental health services are at a very high demand to provide care & treatment for people who are suffering from severe depression and anxiety.

Is there a way to for Men, Women, Children to overcome overthinking - ruminating - negative thinking?

This is the question we need to ask ourselves

Right Now, many men, women, children are committing suicide due to lack of motivation, hope, faith within their future and this is affecting many families & relative in a very devastating way.

Mental Health has become one of the main cores of suicide in men, women, children.

Is there a way of helping & support men, women, children to finally end overthinking – ruminating – negative thinking forever?

Statistic of Suicide (World Overview)

Suicide

Key facts

More than 720 000 people die due to suicide every year.

Suicide is the third leading cause of death among 15–29-year-olds.

Seventy-three per cent of global suicides occur in low- and middle-income countries.

The reasons for suicide are multifaceted, influenced by social, cultural, biological, psychological, and environmental factors present across the life-course.

For every suicide there are many more people who attempt suicide. A prior suicide attempt is an important risk factor for suicide in the general population.

With so many men, women, children going through mental health difficulties what can we do to resolve this ongoing problem in the world & society.

In this spiritual book I am going to share some ways & guidance of How we can Overcome Overthinking – Ruminating – Negative Thinking because this has been a major issues and concern for millions of people around the world & society.

This spiritual book is a guide to Overcome Overthinking – Ruminating –

Negative Thinking and all the information in this book will help you to end mental health difficulties and live a meaningful and fulfilling life where you free to spiritually live your spiritual life purpose in life.

In this first chapter we are going to talk about if you *Spiritually Change Your Thinking, Spiritually Change Your Life.*

Spiritually Changing Your Thinking is how you Spiritually Change Your Life. This is very important in Overcoming Overthinking – Ruminating – Negative Thinking.

Life is a very complex and every life experience we go through in life shapes us into the person we need to become and be in life. All life experience has a deep purpose within our life because we experience new things everyday.

When it comes to Thinking & Thoughts this can be shaped based on childhood, environmental, culture, religion, beliefs, values.

When someone goes through trauma and negative life experiences this has a

massive effect on the brain, memory, psychology, psyche of a human beings.

Depending on what life experiences we have been through as human beings will depend how we think and what thoughts come into our minds.

In life there is always opposites for example (Good & Evil, Good & Bad, Ups & Downs, Left & Rights, Light & Dark, Day & Night, Positive & Negative).

Life is full of opposites which shaped our thinking & thoughts within reality and life.

If we can Spiritually Change our Thinking, we can Spiritually Change Our Life for the better.

Think about life that you're currently living at the moment. Is it not truth that everything in your life how come from a Thoughts & Thinking? The true answer is Yes everything in life has come from a Thought or Thinking and then created into the material existence which we call reality and life.

So, if everything in life comes from thinking and thoughts that means there must be a way to Spiritually Change Your Thinking to Spiritually Change Your Life.

People are suffering from mental health difficulties because their mindset, thoughts, feelings, emotions are thinking about the negative life experiences and trauma they have experience throughout their life which is having a mental effect on their physical, mental, spiritual, emotional, psychological health.

If we can change our thinking then we can change our life for the better.

Jesus Christ - Jehovah - Buddha want us all to go through a Spiritual Change within the Psyche & Psychological Mind because this is the only way to find Spiritual Freedom & Spiritual Liberation.

How Spiritually Change Your Thinking, Spiritually Change Your Life

1. Change Begins Within:

- Your thoughts shape your perception. Spiritually elevating your thinking—by focusing on love, gratitude, forgiveness, compassion, and trust—transforms how you experience the world.
- Affirmation: “I align my thoughts with truth, peace, and divine purpose.”

2. Spiritual Thinking vs. Ego Thinking:

- Ego thinking is fear-based, competitive, self-centred.
- Spiritual thinking is love-based, collaborative, and centered in unity and connection.
- Shift from “What can I get?” to “How can I serve?”

3. Practices to Spiritually Change Your Thinking:

- Meditation: Observe your thoughts and redirect them to higher truths.

- **Journaling:** Reflect on limiting beliefs and reframe them spiritually.
- **Prayer/Affirmations:** Speak life into your day with intention and faith.
- **Scripture/Spiritual Texts:** Feed your mind with divine wisdom.

4. Thought → Belief → Action → Life:

- Your recurring thoughts become beliefs.
- Your beliefs drive your actions.
- Your actions shape your reality.
- So, spiritually changing your thinking is the first domino.

5. Life Transforms from the Inside Out:

- When you adopt spiritual thinking:
- Anxiety turns into trust.
- Bitterness softens into forgiveness.
- Scarcity transforms into abundance.
- Chaos calms into purpose.

The Importance of Spiritually Changing Your Thinking, Spiritually Changing Your Life

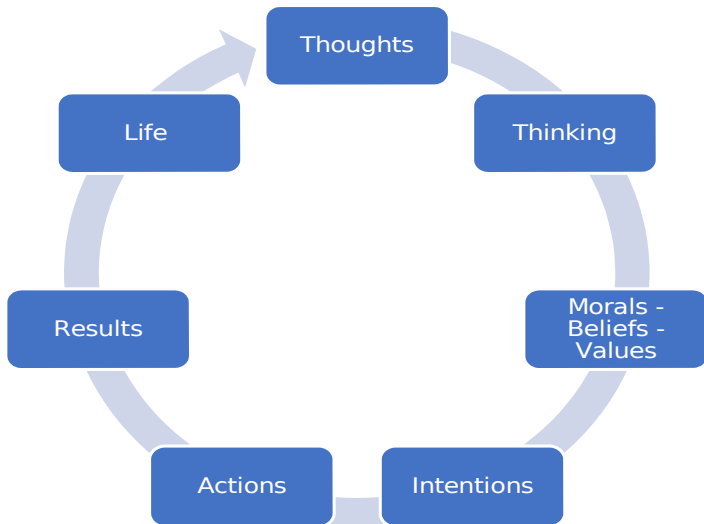
- 1. Spiritual Change comes from Within**
- 2. Spiritually Changing Your Thinking Will Shift Your Perspective**
- 3. Spiritually Changing Your Thinking will shift Morals, Beliefs, Values**
- 4. Spiritually Changing Your Thinking Will Spiritual Change Your Life**
- 5. Spiritually Changing Your Thinking will give you Spiritual Awareness**
- 6. Spiritually Changing Your Thinking will help you to Spiritually learn**
- 7. Spiritually Changing Your Thinking Will Spiritually Change Your Life to Faith & Spirituality**
- 8. Spiritual Change helps human beings find Truth**

9. Spiritual Change in your thinking will change your Psyche & Psychological Mind

10. The Light That Is Inside of You comes when you Spiritually Change Your Thinking which helps to Spiritually Change Your Life

If we Spiritually Change Our Thinking this will help to Spiritually Change Our Life

The Process of Thoughts & Thinking



1. **Thoughts** – Thoughts that come in your Mind

2. **Thinking** – Thinking about the Thoughts In your Mind
3. **Morals – Beliefs – Values** – Your Core Identity which are shaped by Thoughts & Thinking
4. **Intentions** – Your Intentions based on Morals – Beliefs – Values
5. **Actions** – Actions You Take in Life based on Morals – Beliefs – Values – Thoughts
6. **Results** – The Results of your Actions (Positive or Negative) (Good or Bad)
7. **Life** – The Results Outcomes is your Life Experiences

Chapter 2 - Why Spiritual Change Will Stop Overthinking - Ruminating - Negative Thinking

In this chapter we are going to talk about how Spiritual Change will stop you from Overthinking – Ruminating – Negative Thinking. In the world & society people are struggling with Overthinking – Ruminating – Negative Thinking which is control our daily life because when we are thinking thoughts which are negative and destructive, we cannot find a way to control these Overthinking – Ruminating – Negative Thinking.

Right now, at the moment with the world & society millions of people are serious struggling with Overthinking – Ruminating – Negative Thinking which is cause some much life problems, life challenges, life issues for millions of people.

So, the question we need to ask ourselves is how Spiritual Change

Stop Overthinking - ruminating - Negative Thinking?

To answer this question first we need to understand what is Spiritual Change and How Spiritual Change affect an individual personality, character, mentality, behaviour, mindset, qualities.

Spiritual Change become the most important thing in daily life because we need to go through a Spiritual Change to understand our life experiences and how we deal with everyday life problems, life challenges, life issues.

Spiritual Change doesn't mean you wouldn't go through any difficult life experiences because as human beings we all going through serious life experiences what it truly means is that your Spiritual Psyche and Psychological Mind has changed.

Spiritual Change transform a human being's life from **The Self to No Self** which because very important in Faith & Spirituality because **Jesus Christ - Jehovah - Buddha want us to go through Spiritual Change to find**

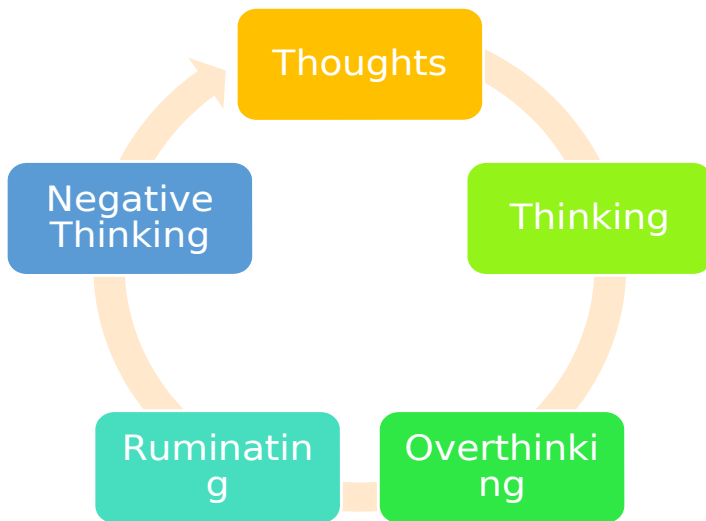
Spiritual Freedom and Spiritual Liberation.

So How does Spiritual Change affect your daily life and living? This is an important question to discover and find out.

Right now, many people within the world are going through Suffering – Pain – Adversities in everyday life and have not find the answers to life ongoing problems and issues which is causes Humanity to go through a mental health crisis which is currently affect millions of people global.

Right Now, there is an ongoing problem for clients, families, customers, patients to find answers to how to overcome Suffering – Pain – Adversities.

**The Process of Overthinking -
Ruminating - Negative Thinking**



When we look at this diagram of the cycle and process of Overthinking - Ruminating - Negative Thinking we can see that everything starts from thoughts and thinking. Normally when people are going through suffering - pain - adversities they are normally thinking about the past trauma and negative life experiences they have face which then become an ongoing cycle of receiving help & support from professional.

Millions of people have never ever overcome depression, anxiety and mental health difficulties so most of their life will be dealing with life problems, life challenges, life issues of

their life experiences because they haven't gone through a Spiritual Change within the **Psyche & Psychological mind**.

This become very important to realise because our daily life which we are currently living at the moment is a result of our daily thoughts and thinking. Some people have said that people cannot overcome mental health difficulties, suffering, pain, adversities within oneself life because it is too difficult to do that.

There is a way of freeing yourself from Suffering - Pain - Adversities which will help you to Overcome Overthinking - Ruminating - Negative Thinking.

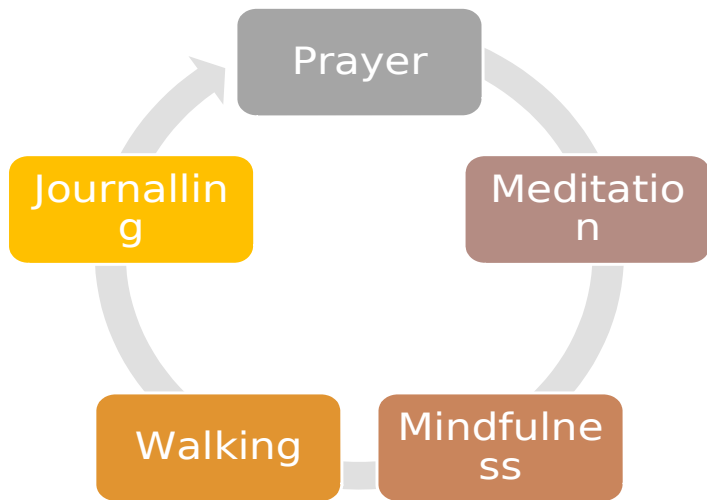
The way to truly do this is by developing 5 Spiritual Practice which can be developed in everyday life.

The 5 Spiritual Practices help you to overcome The Self and discover No Self & Selflessness which is part of Spiritual Change which result in Spiritual Freedom and Spiritual Liberation.

This is very important to learn and realise because if we don't develop a Spiritual Practice to process everyday living then we may become confused with Overthinking – Ruminating – Negative Thinking which because a Cycle of Life for Millions of People who didn't Spiritually Change the Psyche & Psychological Mind.

So, what are the **5 Spiritual Practices**

- **Spiritual Practice 1 - Prayer**
- **Spiritual Practice 2 - Meditation**
- **Spiritual Practice 3 - Mindfulness**
- **Spiritual Practice 4 - Walking**
- **Spiritual Practice 5 - Journalling**



Now the 5 Spiritual Practice will help you to Spiritual Change within your life because you're developing a Faithful & Spiritual Practice which can be done **daily**.

There is no right or wrong way to do 5 Spiritual Practice it all depends on what you want to do and what is comfortable for you to do. Some people do all 5 Spiritual Practice and some people do 1 or 2 it really just depends on what you want to do.

I have always said in my books, videos, podcasts, audios that you can start doing the 5 Spiritual Practice today and

learn each day as you develop your Spiritual Practice.

I want to say something now that is very important on How Spiritual Change can help you to Stop Overthinking – Ruminating – Negative Thinking.

This will be very important to learn and understand for your daily life.

Suffering – Pain – Adversities all comes from your own Thoughts & Thinking

Your thoughts & your thinking is creating your Suffering – Pain – Adversities

What we need to understand is that in life you cannot do no Actions or follow your intentions without first thinking about and the thoughts coming into your mind.

Everything starts from a Thought & Thinking

So, if you want your daily life to change, you need to change your thoughts & thinking that is the only way you can change your life.

Some people thinking that this is impossible to do and how do I change my thoughts and thinking because it is part of The Self and my life experiences.

The way you change your thoughts and thinking is when you overcome The Self and discover No Self & Selflessness.

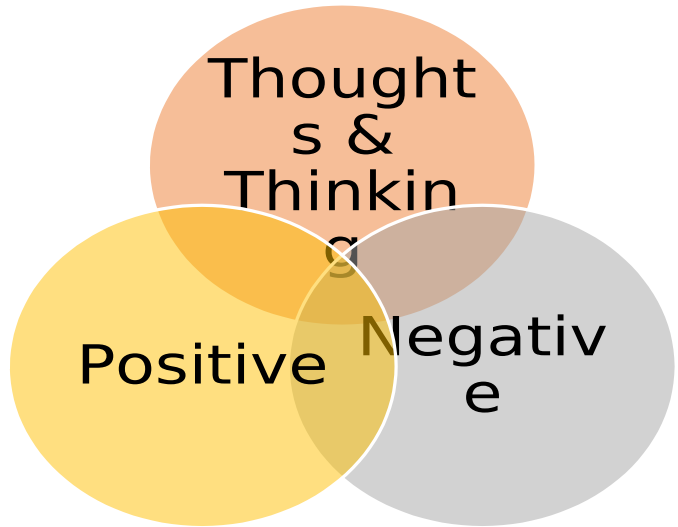
This can become very difficult to do and I do warn the readers that this is difficult.

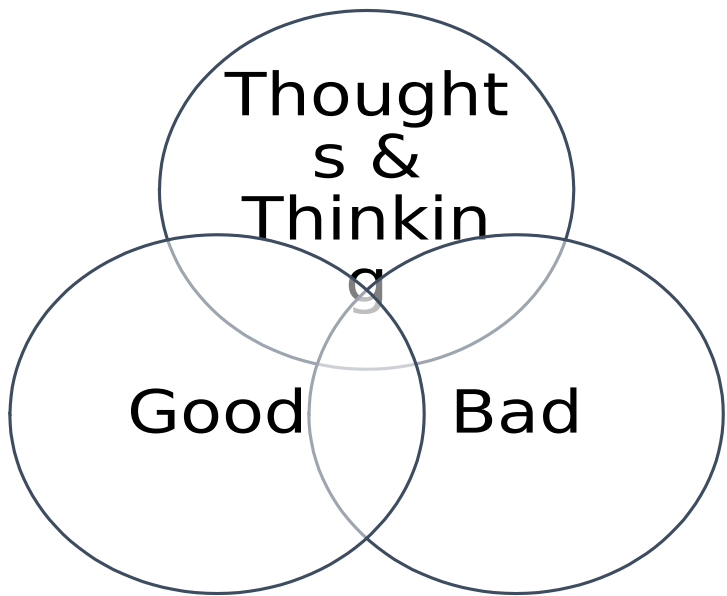
First you need to change your Spiritual Psyche & Psychological Mind because all your life experiences up to this point has been a result of your thoughts and thinking that is the reason why you are Suffering – going through Pain – going through Adversities.

When we thinking about Faith & Spirituality the human beings need to transform to discover this because without the Spiritual Change you cannot overcome The Self it just not possible.

I am not saying to the readers that this is going to be an easy journey to walk down and life doesn't come with Suffering – Pain – Adversities. You will

experience some serious life experience
in life but the LESSONS you can learn
from this is invaluable.





In this diagram I am showing you the opposites of Thoughts & Thinking

Diagram 1 - Thoughts & Thinking
(Positive & Negative)

Diagram 2 - Thoughts & Thinking (Good
& Bad)

Now when we thinking about Spiritual Change and how this affect a human being daily life we are thinking about the change in the Psyche & Psychological Mind.



All of these can be changed by first Spiritually Changing the Psyche & Psychological Mind.

If you change your Psyche then you change your thoughts & thinking

But the Psyche must be changed first before your thoughts & thinking changes.

This becomes one of the most important things to realise

Psyche Meaning - the human soul, mind, or spirit.

As we can see from Psyche the important of how this is part of the human soul, mind, spirit we see that Spiritual Change because the most important thing in daily life because this affects your Mind, Soul, Spirit.

If your Psyche doesn't change then your life will not change

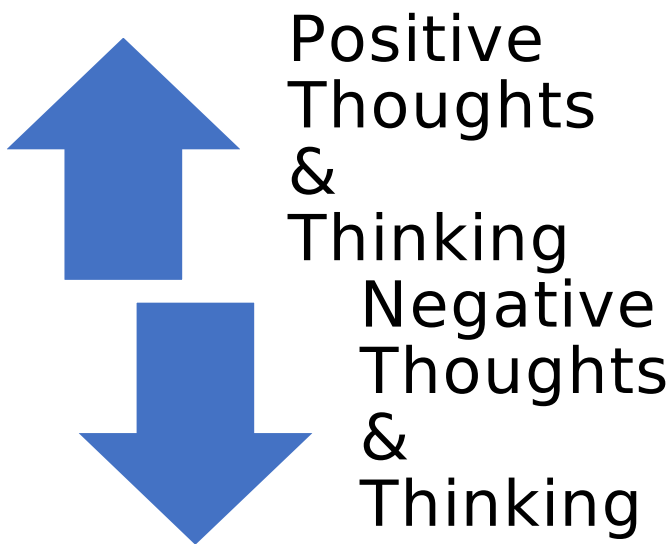
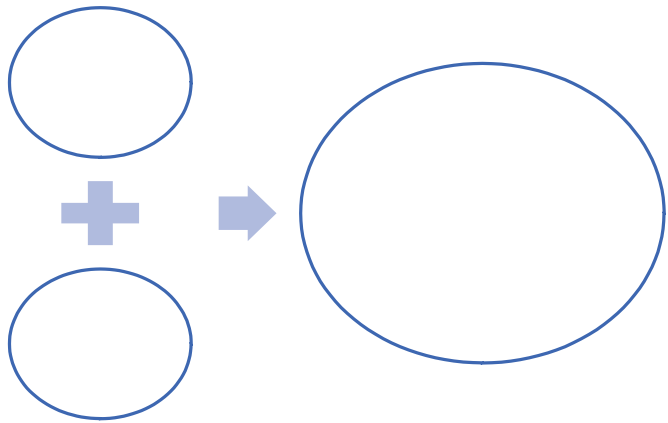
This is why I want the readers to understand you need to go through Spiritual Change today it is so important to overcome Overthinking - Ruminating - Negative Thinking.

The Importance of How Spiritual Change Stop Overthinking - Ruminating - Negative Thinking

1. Spiritual Changes helps to Stop Overthinking - Ruminating - Negative Thinking but changing the Psyche & Psychological Mind of a Human Being
2. Spiritual Change helps Stop Overthinking - Ruminating - Negative Thinking by Overcoming the Self and discover No Self

3. Spiritual Change is important in Spiritual Transformation of Human Being
4. Spiritual Change is Important to discover Faith & Spirituality
5. Spiritual Change is Important to free the Mind from The Self to No Self
6. Spiritual Change helps to Psychological Changes Thoughts & Thinking
7. Spiritual Change helps to discover Truth within Daily life
8. Spiritual Change helps to give you total awareness of The Self so you can Overcome It
9. Spiritual Change helps you to discover your Spiritual Life Purpose & Spiritual Calling which stop Overthinking - Ruminating - Negative Thinking
10. Spiritual Change connected you to Faith & Spirituality and you find a connection with Jesus Christ - Jehovah - Buddha
11. Spiritual Change give you Spiritual Knowledge & Spiritual Wisdom

12. Spiritual Change helps you to Know Thyself





Spiritual Change is the way you overcome The Self and discover No Self which is a Spiritual Transformation within the Psyche and Psychological Mind which will affect your thoughts & thinking.

There is a Self-Knowing and Self-Understanding that comes from No Self (Know Thyself) and once you discover this you will be free from Overthinking – Ruminating – Negative Thinking which is very important.

No Self means You Know yourself and No More Self is a very faithful and Spiritual thing to really learn in daily life.

When you have No more Self you will not be Overthinking – Ruminating – Negative Thinking because you transcend The Self to No Self.

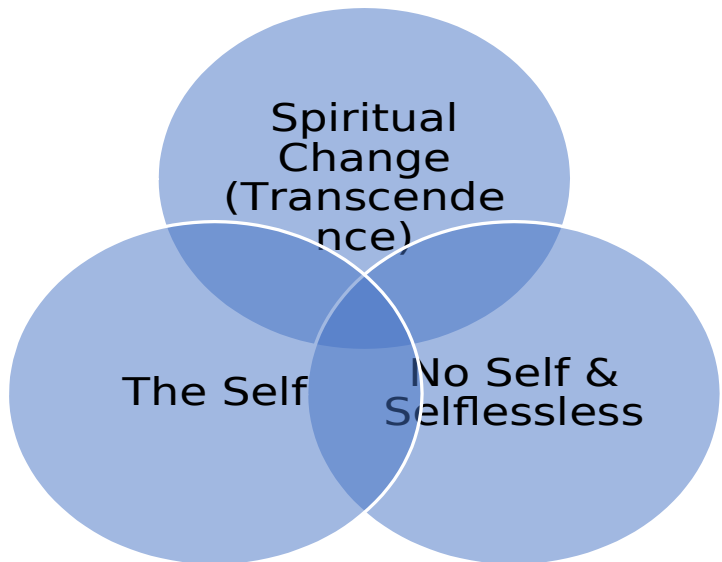
What I want you to learn from this chapter is that Spiritual Change is the only way that you can transform The Self to No Self which involved changing the Psyche & Psychological Mind.

If you want to change your life, first you need to change your thoughts & thinking

Nothing in life changes unless you change

Spiritual Change will Stop you from Overthinking – Ruminating – Negative Thinking because you transcend The Self to No Self. When you discover No Self, it is the Ending of The Self & Overthinking – Ruminating – Negative Thinking

The Process of Spiritual Change **Transcendence**



Chapter 3 - You Are Not Your Thoughts & Thinking

In this chapter we are going to talk about that You are not your thoughts & thinking. People who find it difficult when it comes to Overthinking - Ruminating - Negative Thinking believe that they are there thoughts and thinking which is not truly.

Your thoughts & thinking is something that has been conditioned within your Psychology & Mind since you were in childhood. Most of your thoughts and thinking is roots in past life experiences and beliefs you have created from life experiences or trauma that you have experience.

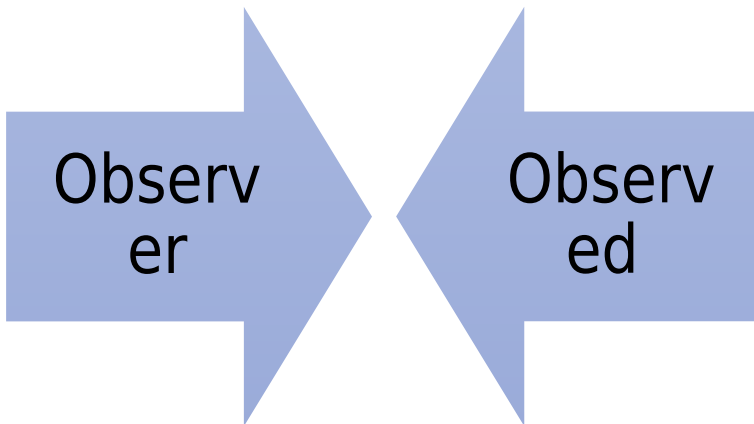
Have you ever realised that your thoughts & thinking will keep on Overthinking and Ruminating about things that happened in the past which is currently not your present circumstances or situation.

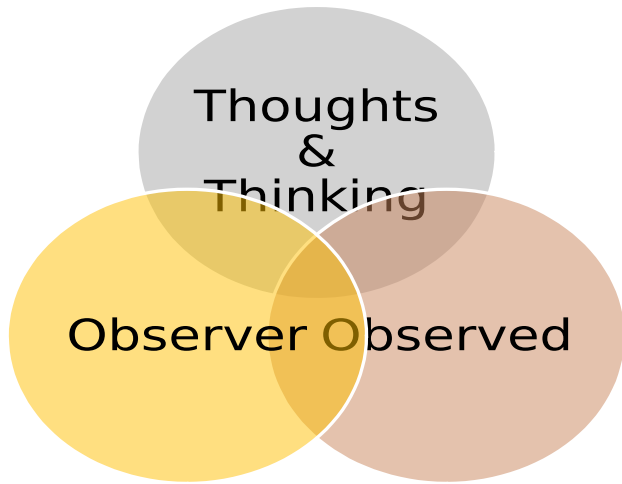
This is what we call Human Conditioning which all human beings have been conditioned.

I want you to understand readers that you're not your thoughts & thinking even if negative thoughts and negative thinking come into your mind.

So, the question we have to ask ourselves is how do we separate from Overthinking – Ruminating – Negative Thinking.

The Process of Observer & Observed





There are two main ways to identify Thoughts & Thinking

- 1) **Observer meaning** - a person who watches or notices something.
- 2) **Observed meaning** - notice or perceive (something) and register it as being significant.
- make a remark.

The statement "the observer is the observed" means that the "you" that is doing the observing, whether it's a thought, a feeling, or a perception of the external world, is itself a product of what is being observed.

When the Observer is watching and noticing the Thoughts & Thinking of

one's own consciousness then we realise that the Observer is the Observed. Everything within your life experiences has been observed by observer which is yourself.

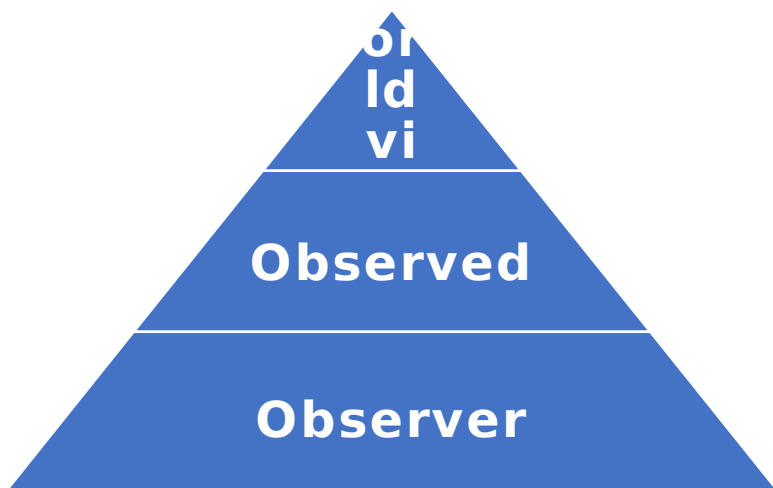
When you realise that Thoughts & Thinking is something that the mind generates to understand the external world in which we live in and try to make sense of human life experiences. Then we realise that we can change our thoughts & thinking once we understand that Observer is the observed.

Everything within your life experiences have come from your own perception of the External World.

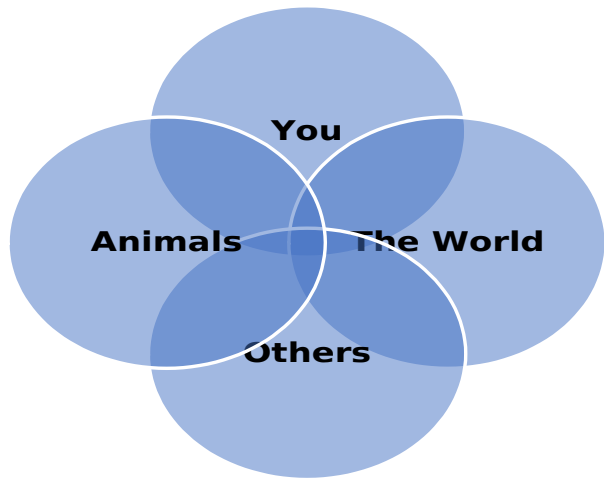
Which means there is no such thing as Good, Bad, Right, Wrong, Positive, Negative, Good, Evil because this is something that our mind generates through thoughts & thinking of the mind own perception of the external world.

All life experiences are generated by Thoughts - Thinking - Beliefs - Intentions - Actions. That why when you go through a Spiritual Change and your

Psyche and Psychological Mind changes
you realise there is No Self and you our
living consciousness with all of Universe
and reality.



The Overview of Life



- 1) **You** - Yourself - The Self -
No Self - Know Thyself
- 2) **Animals** - Living Creatures,
Animals
- 3) **Others** - Family - Children
- Spouse, Partners,
Friends, Colleagues,
Managers, Boss
- 4) **The World** - Material,
External, Internal,
Spiritual, Physical Reality

Once you understand that Observer is Observed and in life you are connected to Yourself, Animals, Others, The World then you realise if you want to change your reality that you need to understand

yourself and how thoughts & thinking truly works because only then can you find spiritual freedom and spiritual liberation.

YOU ARE NOT YOUR THOUGHTS & THINKING – YOU ARE A HUMAN BEING

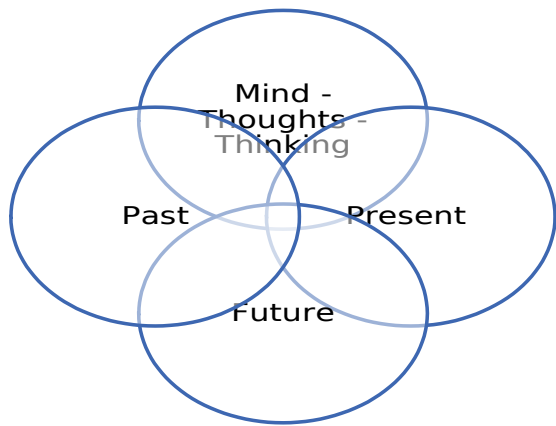
If you have negative feelings and emotions, it is only because your thoughts and thinking is telling you so. In life there is no such thing as Good or Bad thoughts or thinking because the Observer is watching and notices how Mind, Body, Soul, Spirit is feeling towards the thoughts & thinking it is generating.

The most important life lesson to learn is You Are Not Your Thoughts & Thinking.

Remembering that you are a Human Being living a Material External & Internal Reality which you have full control over.

You can create thoughts & thinking which is aligned to your high's morals, values, beliefs

The Process of Past Present Future



In life there is no such thing as Past Present Future because it something that your mind has generate. Your thoughts & thinking is creating your reality. In life we realise that everything that has happened to us has happened in the NOW and we are only living in NOW.

Time & Space makes us believe that there is Past Present Future but truly there is No Time & Space everything is Consciousness & God is within Everything.

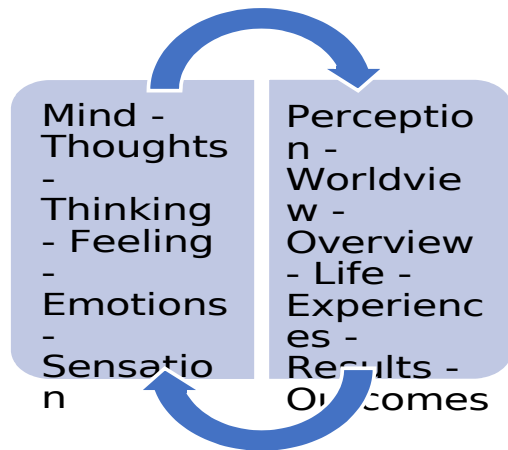
The Human Mind creates its own Past Present Future so it can be secure &

comfortable because the mind will become insane if it does have security that why we believe there Past Present Future.

Your Thoughts & Thinking has all been in NOW and in The Now that where living exist. It is important to realise that Thoughts & Thinking create your reality and once we understand that we can the Self-Power to control our life and become who we truly want to be then life change forever.

If you believe your thoughts & thinking is who you are as human being then that is completely not true. You are a Human Being living in Earth because God has created you to fulfil a purpose in life and reality which is why you been created in living form.

Each Human Being has a Special Unique Gift and Talent to share with reality and that why you cannot believe that you are your thoughts & thinking.



How Can we understand that we are not our Thoughts & Thinking? The way to really learn this is to do Prayer - Meditation - Mindfulness. When we connect to stillness and silent which connect to whole cosmic and universe. Have you ever realise when your sleeping in bed that your Mind go to a Spiritual State in the Mind which has no barriers & limitations.

This is our nature spiritual state as human being we are everything and also we are nothing we are living as a Empty Spiritual Energy and we are all of universe and cosmic.

In Prayer - Meditation - Mindfulness our human mind connect to divine and

source of all of living energy which has no Space or Time.

That why I have always reccommed to do 5 Spiritual Practice and connect to No Self & Selflessness.

Why It Is Important That You Are Not Your Thoughts & Thinking

- 1) Lord God has created you in Reality to fulfill a Spiritual Life Purpose & Spiritual Calling**
- 2) You are not your negative thoughts, feelings, emotions you are a Human Being full of Spiritual Energy and potential**
- 3) The Mind is limitless and you can become anything you desire and want to be**
- 4) Observer is always the observed**
- 5) You create your life experience due to human contidioning**
- 6) You are Spiritual Energy living in Human Form**
- 7) You - Animals - Others - The World is all of Life Worldview if you realise this you change your thoughts & thinking**

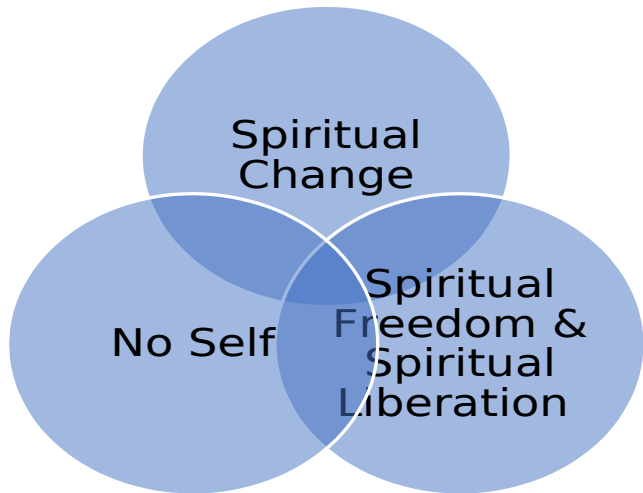
8) Prayer - Meditation -

**Mindfulness connects you to
Divine & Spiritual Eternity**

9) Develop a Spiritual Practice

**will help you to learn No Self &
Selflessness**

**10) Lord God want you to be
Spiritual Free & Spiritual
Liberated**



Chapter 4 - You Can Stop Overthinking - Ruminating - Negative Thinking with a Spiritual Choice & Spiritual Decision

In this chapter we are going to be talking about How you can stop Overthinking - Ruminating - Negative Thinking with a Spiritual Choice & Spiritual Decision.

Right now at the moment millions of people are going through Suffering - Pain - Adversities due to trauma of life experiences and past which is making human beings Overthink - Ruminates - have negative thinking.

Human beings have been conditioned due to life experiences of childhood, upbringing, circumstances, situations of daily life which is affecting humanity in a destructive way. You have to understand that Overthinking - Ruminating - Negative Thinking is all to do with human conditioning of past trauma and life experiences.

I want the readers to understand that if we don't go through a Spiritual Change we would be unable to stop Overthinking - Ruminating - Negative Thinking.

Spiritual Change is a Spiritual Choice & Spiritual Decision you need to make within yourself because if you don't make this choice and decision you will always live in Suffering - Pain - Adversities.



Spiritual Choice Meaning - Spiritual choice refers to decisions that are guided by one's spiritual beliefs and values, often involving prioritizing a connection with the divine or a higher power

Spiritual Decision Meaning - A spiritual decision is a choice made with consideration of one's values, beliefs, and relationship with a higher power, often involving discernment and a desire to align one's actions with a sense of purpose or divine will

Spiritual Change Meaning - Spiritual change, often referred to as spiritual transformation, signifies a fundamental shift in one's understanding and experience of the sacred or spiritual aspects of life.

When you make a Spiritual Choice & Spiritual Decision to go through Spiritual Change then your life will Spiritual Transform within the Psyche & Psychological Mind.

Suffering – Pain – Adversities coming from one's own mind which generate thought & thinking of Suffering – Pain – Adversities due to one's life experiences and perception which is created within the mind.

If you make a Spiritual Choice & Spiritual Decision to Spiritual Change, then this will awaken Spiritual Awakening and Spiritual Transformation within one's mind, thoughts, thinking, beliefs.

Spiritual Change is the way you free yourself from Suffering – Pain – Adversities which will result in stopping Overthinking – Ruminating – Negative Thinking.

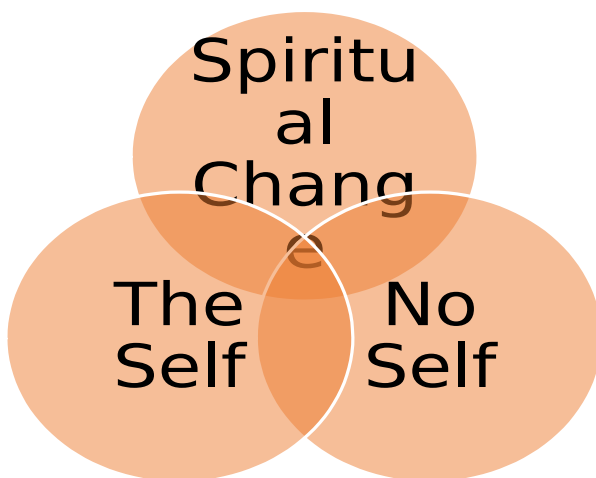
If you want your life to change you need to make a Spiritual Choice & Spiritual Decision to want to go through Spiritual Change and find Spiritual Transformation within ourselves.

Jesus Christ – Jehovah – Buddha can only provide Spiritual Guidance and Spiritual understanding when you make a Spiritual Choice & Spiritual Decision to change your life, situations, circumstances forever.

It is important to realise that you already have the Light within yourself but you need to find a way to tap into

the source of all Spiritual energy and Spiritual Creations.

Spiritual Change is how you connect to Jesus Christ - Jehovah - Buddha in Spiritual Realms & heavenly realms.



I want you to understand readers that you have the light inside of you to become what you truly desire and what to be but you need to make a Spiritual Choice & Spiritual Decision Now.

The Process of The Self & No Self

The Self - Suffering - Pain - Adversities (Overthinking - Ruminating - Negative Thinking)

Spiritual Change – The Unknown – Spiritual Transformation (Understanding Oneself)

No Self – Ending of Suffering – Pain – Adversities (Ending to Overthinking – Ruminating – Negative Thinking)

Spiritual Choice & Spiritual Decision will transform your life from The Self to No Self which is very important to realise.

You can only make a Spiritual Choice & Spiritual Decision when you understood the whole of life movement from the beginning of life time to the end of your lifetime.

In life we are all going to go through Birth – Life – Death – Rebirth in our life which is very true and powerful once you realise but it is important to realise that you don't need to live your life where you are all living in Suffering – Pain – Adversities.

This means that you need to make a Spiritual Choice & Spiritual Decision Now for your life and focus on what you want

to become and what Spiritual Legacy you want to leave behind.

Life is always moving into the future which is basically No Self & Selflessness (Spiritual Eternity).

Now if when want to transform our life into Faith & Spirituality we need to understand that we have to make a Spiritual Choice & Spiritual Decision Now.

You cannot change your life if you don't make a choice & decision to want to change your life.

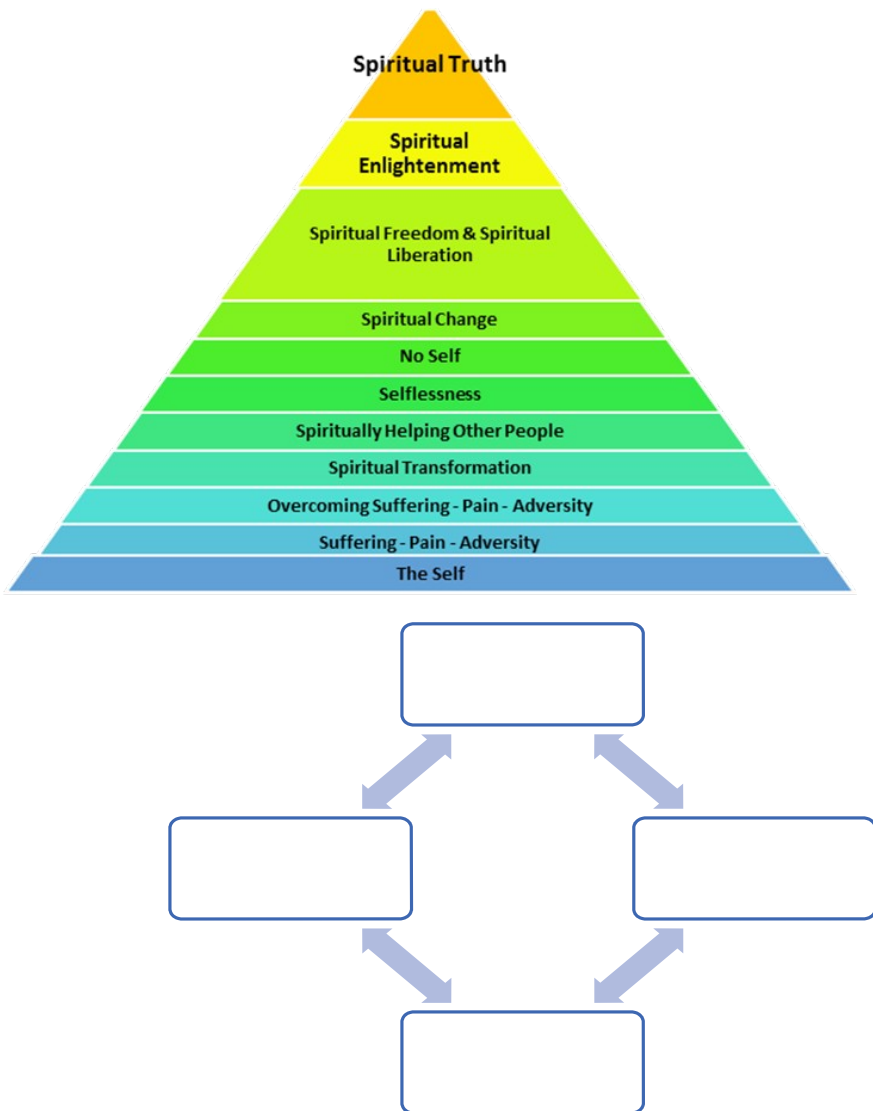
No Matter how much Suffering – Pain – Adversities you have been through you can choose to change your life around for the better.

There is no such thing as the right or wrong way to do things because if life we are always learning new things everyday.

Once you decide to make a Spiritual Choice & Spiritual Decision to change your life then Jesus Christ – Jehovah –

Buddha will Spiritually help you to make this happen.

The Process of Spiritual Change



The Process of Spiritual Choice & Spiritual Decision

Spiritual Choice - Make A Choice to Spiritually Change Your Life

Spiritual Decision - The Decision to take Spiritual Actions towards Spiritual Changing Your life

Spiritual Change - To go through Spiritual Process of Spiritual Awakening & Spiritual Understanding

Spiritual Transformation - Spiritual Transform the Self to No Self & Selflessness

The Importance of Spiritual Choice & Spiritual Decision to Stop Overthinking - Ruminating - Negative Thinking

- 1. You can make a Spiritual Choice & Spiritual Decision to go through Spiritual Change and transform your life from The Self to No Self**

- 2. Spiritual Choice & Spiritual Decision is important in Spiritual Change**
- 3. You Cannot make a Spiritual Choice & Spiritual Decision unless you're aware of Life Movement from Beginning to End**
- 4. Your life will not change unless you make a Spiritual Choice & Spiritual Decision to go through Spiritual Change**
- 5. You can stop Overthinking - Ruminating - Negative Thinking from a Spiritual Choice & Spiritual Decision Now**
- 6. Spiritually Change Your Life Now, Spiritually End Suffering - Pain - Adversities**
- 7. You need to make a Spiritual Choice & Spiritual Decision Now to want to go through Spiritual Change and Spiritual Awakening**
- 8. You can Spiritually Change your Mind, Psyche, Psychological Mind by going through Spiritual Change**

Chapter 5 - 5 Spiritual Practices - Develop Spiritual Practice

In this Chapter we are going to talk about 5 Spiritual Practice that can help you to Stop Overthinking - Ruminating - Negative Thinking. These 5 Spiritual Practice will help you go through Spiritual Change & Spiritual Awakening.

5 Spiritual Practices



1) Spiritual Practice 1 - Prayer

2) Spiritual Practice 2 - Mindfulness

3) Spiritual Practice 3 - Meditation

4) Spiritual Practice 4 - Journalling

5) Spiritual Practice 5 - Walking



How to Develop 5 Spiritual Practices

I am going to start with How to Develop 5 Spiritual Practices. In the 5 Spiritual Practices, it is important to realize that you need to do a Spiritual Practice **daily** to really benefit from the Spiritual Practice. It is important with all 5

Spiritual Practices you don't need anything to do the Spiritual Practice you just need to be open & curiosity to doing the Spiritual Practices and find space and time to develop your Spiritual Practices. It is important that 5 Spiritual Practices are done daily as this is the way to grow your faith & spirituality.

All 5 Spiritual Practices will help you to develop a relationship with God so it is important to find what spiritual practice which will be best for you to do.

There is no right or wrong way of doing the 5 Spiritual Practices if you are open to learning and discovering then you will develop your Spiritual Practices.

Remember it is important to do all 5 Spiritual Practices to see what Spiritual Practice you find that is best for you.

Spiritually it is important to develop all 5 Spiritual Practices but sometimes it is important to find the best Spiritual Practices that you can do daily.

It is ok to learn and develop your spiritual practices as everything takes

time to learn and understand. You will only grow in Faith & Spirituality by practicing daily.

The important thing to realize is that you will learn daily by practicing your Spiritual Practices this is very important because the only way you are able to grow in faith & spirituality is to develop your spiritual practice daily.

It is important to gradually build the habit of Spiritual Practice, the more you continue to do your spiritual practices the more you will grow and develop within your life.

Learning & Understanding is a Daily Process and you only learn and grow by taking actions.

It is important to understand that you have the choice to develop 5 Spiritual Practices within your life or not it is really up to you.

Spiritual Practices will grow your faith & spirituality which is very important to God.

I want you to understand that Spiritual Change is part of Spiritual Transformation and the only way your life will change is if you develop a Spiritual Practice.

This is very important and please understand that your daily habits of Spiritual Practices will help you with your faith & spirituality.

When you find faith & spirituality you will be closer to God.

Faith & Spirituality is something that grows through Spiritual Practices

All 5 Spiritual Practices can help you to develop your faith & spirituality.

What I am trying to explain is your Spiritual Practices grow your faith & spirituality.

If you develop your spiritual practices, you will become more spiritual and when you become more spiritual you connect to Jesus Christ & God.

Your Spiritual Practices Are Your Spiritual Life Transformation

This is a Spiritual Book that will guide you but you need to make a choice which Spiritual Practice will best suit you.

I want you to understand that developing your spiritual practice is the way to spiritual change.

Spiritual Change is the motivation of the Future but it will not come in your life without your Spiritual Practices.

Remember all 5 Spiritual Practices can be done and you can choose to do some that best suit you.

Please understand if you want to help other people & give back you must develop 5 Spiritual Practices.

There is something I really want to encourage now before I move into how to do the 5 Spiritual Practices.

If you want to Overcome Suffering - Pain - Adversity within your life then it starts with Spiritual Practice this is the only way to Spiritual Freedom or Spiritual Liberation.

Without Spiritual Change, you will not be free or find faith & spirituality

Spiritual Change means Spiritually Helping Other People & Giving Back.

When you help other people & give back you will find faith & spirituality

5 Spiritual Practices

1. Spiritual Practice 1 - Prayer

2. Spiritual Practice 2 - Mindfulness

3. Spiritual Practice 3 - Meditation

4. Spiritual Practice 4 - Journalling

5. Spiritual Practice 5 - Walking

Spiritual Practice 1 - Prayer

1) Prayer

Prayer Meaning - a solemn request for help or expression of thanks addressed to God or another deity.

Prayer is a very spiritual practice that helps you to communicate with God through Worship. Prayer is

very important within your spiritual faith and spiritual development.

Prayer is a way of connecting to God and expressing God's Gratitude & thanksgiving.

How To Develop Spiritual Practice of Prayer

- **Find a Spiritual Quiet Place where you can be alone and pray to God this can be a Church, Temple, Mosques, Centre, Home.**
- **Lay down a Mat on the floor where you can sit down and pray**
- **Go onto the Mat & knee down, cross your hands, close your eyes**
- **Start Praying to God and communicating with God through Prayer**
- **Express your gratitude & thanksgiving to God in prayer**

- **Pray for family, friends, children, relatives, and loved ones**
- **Talk to God about any concerns or issues you may be facing with your life**
- **Asked God for forgiveness and to help you with your daily life**
- **Asked God to forgive your sins and make a Covenant with God that you want to change your life for the better**
- **Communicate with God about your dreams & desires and ask God to spiritually guide you**
- **Asked God for spiritual knowledge, wisdom, freedom, understanding, counsel, guidance**
- **Once you have finished Praying say Thank You to God for everything**

How long should your prayer be for?

- **Beginner - 10 - 15 Minutes**

- **Intermediate** - 20 - 30 Minutes
- **Experienced** - 40 - 50 Minutes
- **Advanced** - 1 hour - 2 hours

When should you pray?

- It is good to pray first thing in the morning when you wake up between 05.00 - 08.00
- It is good to pray in the afternoon on Lunch Break between 12.00 - 14.00
- It is good to pray in the evening before you go sleep between 22.00 - 00.00

How Should I Pray?

- You can pray alone yourself.
- You can pray with your Partner & Spouse
- You can pray with your Children, Family, Relatives, Friends
- You can pray in your church, temple, mosque, centre

- **You can pray in Prayer Evening Events at Church, Temple, Mosques, Centre**

The Spiritual Benefits of Prayer

- **Deeper Connection with the Divine** - Prayer strengthens your relationship with God, fostering a sense of closeness and guidance.
- **Inner Peace** - It brings tranquillity, helping to relieve anxiety, stress, and emotional burdens.
- **Increased Faith** - Regular prayer reinforces belief and trust in God's plan, even during difficult times.
- **Greater Clarity and Wisdom** - It helps in decision-making by aligning your thoughts with divine wisdom.
- **Emotional Healing** - Prayer can provide comfort and healing for past wounds and personal struggles.

- **Spiritual Growth** - It deepens understanding of spiritual truths and enhances personal development.
- **Gratitude and Contentment** - Through prayer, one develops a habit of gratitude, leading to a more fulfilling life.
- **Forgiveness and Letting Go** - Prayer encourages the release of resentment and cultivates a forgiving heart.
- **Protection and Strength** - Many believe that prayer acts as a shield against negative forces and provides resilience.
- **Sense of Purpose** - It helps align one's life with higher spiritual goals and a greater sense of meaning.

Spiritual Practice 2 - Mindfulness

2) Mindfulness

Mindfulness Meaning - 1. the quality or state of being conscious or aware of something. "Their mindfulness of the wider cinematic tradition"

2. a mental state achieved by focusing one's awareness on the present moment, while calmly acknowledging and accepting one's feelings, thoughts, and bodily sensations, used as a therapeutic technique.

Mindfulness is a very powerful spiritual practice that connects you with God & Nature. Mindfulness is focusing on the present moment and being aware of Nature & God.

How To Develop Spiritual Practice of Mindfulness

- **Find a Spiritual quiet place where you can be alone this**

could be a Park, Home, or Centre.

- **Lay down a Mat on the floor and make yourself comfortable by sitting down on a mat.**
- **Cross your legs, lay your hands & arms on cross legs, close your eyes, and breathe slowly in & out.**
- **As your eyes are closed be mindful of what happening in your mind, body, and soul.**
- **It is important to just stay still and be patient allowing Nature to connect with you.**
- **Make sure you're breathing slowly in & out in a gradual mindfulness process.**
- **Connect with the present moment and connect to God & Nature**
- **Realize that there is no time, no judgment, no perception just You and Being in Nature & God**

- **Be still & quiet**
- **When you finish your Mindfulness say Thank You to God & Nature for giving you space & time to connect.**

How long should your Mindfulness for?

- **Beginners** - 5 - 10 minutes
- **Intermediate** - 20 - 30 minutes
- **Experienced** - 40 - 60 minutes
- **Advanced** - 1hour - 1.30 hour

When should you do Mindfulness?

- **Mindfulness can be done anywhere you just have to be still, quiet, and consciously aware of the Present Moment.**
- **Mindfulness can be done when you feel anxious or overwhelmed**
- **Mindfulness can be done when you're at home alone or with your partner, children, spouse**

- **Mindfulness can be done in Mindfulness Events or Community Events with other people**
- **Mindfulness can be done in Groups**
- **Mindfulness can be done when you're in Nature or Park**

How Should I Do Mindfulness?

- **You can do mindfulness alone**
- **You can do mindfulness with your Partner & Spouse**
- **You can do mindfulness with your Children, Family, Relatives, and Friends**
- **You can mindfulness in your church, temple, mosque, centre**
- **You can do mindfulness in Mindfulness Events**
- **You can do Mindfulness in Groups**

- **You can do Mindfulness in Nature**
- **You can do Mindfulness in Parks**

The Spiritual Benefits of Mindfulness

1. Increased Inner Peace

Mindfulness fosters a sense of inner calm by helping individuals detach from negative thoughts, worries, and distractions. By focusing on the present, practitioners experience a greater sense of peace and tranquillity.

2. Heightened Awareness and Presence

A mindful approach to life allows individuals to be more aware of their surroundings, thoughts, and emotions. This heightened awareness deepens one's spiritual connection, making everyday experiences more meaningful.

3. Deepened Connection with the Divine

For those on a spiritual path, mindfulness can serve as a form of meditation or prayer, creating a direct connection with a higher power or the universe. By quieting the mind, individuals become more receptive to divine guidance and insight.

4. Enhanced Gratitude and Appreciation

Mindfulness encourages an attitude of gratitude by shifting attention to the present moment and the blessings in life. This gratitude can lead to a more profound sense of fulfillment and joy.

5. Reduced Ego and Increased Compassion

Through mindfulness, individuals can observe their thoughts without attachment, leading to a reduction in ego-driven desires and judgments. This fosters humility, kindness, and compassion toward oneself and others.

6. Healing and Emotional Balance

Mindfulness promotes self-awareness and emotional regulation, helping individuals process past wounds and traumas. By being present with emotions without judgment, healing and spiritual growth become possible.

7. Greater Sense of Purpose

By aligning thoughts and actions with present-moment awareness, mindfulness can help individuals gain clarity about their life's purpose. This sense of direction enhances spiritual fulfillment and personal growth.

8. Strengthened Intuition

A quiet and mindful mind is more receptive to intuitive wisdom. Practicing mindfulness can help individuals trust their inner guidance and make decisions that align with their highest self.

9. Liberation from Suffering

Many spiritual traditions emphasize mindfulness as a path to liberation

from suffering. By observing thoughts and emotions without attachment, individuals experience greater freedom and enlightenment.

10. Harmony with Nature and the Universe

Mindfulness cultivates a deep appreciation for the interconnectedness of all life. By fully engaging with the present moment, individuals develop a sense of unity with nature and the cosmos.

Spiritual Practice 3 - Meditation

3) Meditation

Meditation Meaning - 1) the action or practice of meditating, 2) a written or spoken discourse expressing considered thoughts on a subject

How To Develop Spiritual Practice of Meditation

- **Find a Spiritual quiet place where you can be alone this could be a Park, Home, Centre**
- **Lay down a Mat on the floor and make yourself comfortable by sitting down on a mat**
- **Cross your legs, lay your hands & arms on cross legs, close your eyes, breathe slowly in & out**
- **As your eyes start to observe your thoughts & thinking**

- It is important to just stay still and patient and allow your mind to think
- Make sure you're breathing slowly in & out in a gradual meditation process
- Watch your thoughts, understand your thoughts, Remain Presence
- Allow negative thoughts and positive thoughts to come to your mind and just observe
- •Be still & quiet
- Let your mind meditate and become silent & quiet
- In meditation, as your mind becomes still & quiet realize that thoughts & thinking a natural processes of the human mind
- In meditation get to the point where there is pure silence without thoughts or thinking through Meditation.

- **When you finish your Meditation say Thank You to God & Nature for giving you space & time to connect.**

How long should your Meditation for?

- **Beginner:** Start with 5-10 minutes. This helps you get comfortable with the practice and build consistency without feeling overwhelmed.
- **Intermediate:** If you've been meditating for a while, you might extend your sessions to 15-30 minutes. This allows for a deeper state of relaxation and mindfulness.
- **Experienced:** Advanced meditators may meditate for 45 minutes to 1 hour or more, especially in silent retreats or intensive practices.

When should you do Meditation?

- **Meditation can be done anywhere you just have to be still, quiet, and consciously observe your thoughts & thinking.**
- **Meditation can be done when you feel anxious or overwhelmed Meditation can be done when you're at home alone or with your partner, friends, children, or spouse.**
- **Meditation can be done in Meditation Retreats & Community Events with other people.**
- **Meditation can be done in Groups & Communities**
- **Meditation can be done when you're in Nature or Park, Centre, Template**
- **Meditation can be done to help concentration & focus**
- **Meditation can be done to improve Spirituality & Faith**

- **Meditation can be done to connect with God & Spiritual realms**
- **Meditation can be done with Spiritual Teachers**
- **Mediation can be done to find Enlightenment, Knowledge, Wisdom**
- **Meditation can be done to develop intuition & instincts**
- **Meditation can be done to connect to Divinity & Nature**
- **Meditation can be done to stop overthinking & ruminating**
- **Meditation can be done to help with relaxation**
- **Meditation can be done to find Spiritual Guidance**

How Should I Do Meditation?

- **You can do meditation alone**
- **You can do meditation with your Partner & Spouse**
- **You can do meditation with your Children, Family, Relatives, and Friends**

- **You can meditate in your church, temple, mosque, centre**
- **You can do meditation in Meditation Retreats & Community Events**
- **You can do Meditation in Groups & communities**
- **You can do Meditation in Nature**
- **You can do Meditation in Parks**
- **You can do Meditation at Gyms**

The Spiritual Benefits of Meditation

1. Inner Peace & Calmness

Meditation helps cultivate a deep sense of peace and stillness, reducing inner turmoil and promoting emotional balance.

2. Heightened Awareness & Mindfulness

It enhances self-awareness, allowing you to observe thoughts and emotions without attachment,

leading to greater clarity and insight.

3. Deeper Connection with the Divine

Many spiritual traditions use meditation to connect with a higher power, the universe, or one's inner soul, fostering a sense of unity and divine love.

4. Expansion of Consciousness

Meditation can lead to transcendent experiences, helping individuals access higher states of consciousness and spiritual enlightenment.

5. Strengthening Intuition

By silencing the mind, meditation enhances intuition and inner wisdom, helping with decision-making and personal growth.

6. Healing & Emotional Cleansing

It aids in the release of past traumas, negative emotions, and karmic patterns, leading to greater emotional and spiritual healing.

7. Development of Compassion & Love

Practices like Loving-Kindness Meditation (Metta) foster unconditional love, empathy, and kindness toward oneself and others.

8. Dissolution of Ego & Attachment

Meditation helps in recognizing the impermanence of thoughts, emotions, and material desires, leading to a more liberated and detached way of living.

9. Greater Sense of Purpose & Meaning

It aligns individuals with their true purpose, bringing a sense of fulfillment and direction in life.

10. Enhancement of Energy & Vibrations

Many believe that meditation raises one's vibrational frequency, attracting positivity, abundance, and spiritual growth.

Spiritual Practice 4 - Journalling

4) Journaling

Journalling Meaning - write in a journal or diary

How To Develop Spiritual Practice of Journalling

- You would need to buy a Journal which has line paper in which you can write down words into
- Find a quiet room with a table where you can put down the journal and start writing in the journal.
- Think about your thoughts, feelings, and emotions, and start writing them down in the journal.
- Think about your life, day, and week, and start writing down in the journal.
- Think about your successes & failures and write them down in the journal.

- **Think about your dreams & desires and write them down in the journal**
- **Think about your future and write it down in the journal**
- **Use the journal to process any mental health difficulties or challenges you have been facing in your life**
- **Use the journal to write down what you want to become and your life goals**
- **Use the journal to process daily life**
- **Journalling is a way to connect to yourself and learn about yourself**
- **Think about things you have learned throughout your life**
- **Think about any self-reflection and write them down in the journal**
- **Journalling is a very spiritual therapeutic process**
- **Use the journal to process your legacy and what you want to leave behind**

- Once you have written down the core things you want to think about in your journal then you can Thank God & Nature for giving you space & time to reflect

How long should you Journaling for?

- **Beginner** - You should Journal for 5 - 10 minutes per day
- **Intermediate:** - You should journal for 15 - 20 Minutes per day
- **Experienced** - You should journal for 30 minutes - 1 hour per Day
- **Advanced** - You should journal for 1.30 hours

When should you do journaling?

- You should do a journal when you need to record your daily life
- You should do a journal when you need to write down your life goals

- **You should journal when you feel anxious or depressed**
- **You should do a journal when you want to spend time on self-reflection**
- **You should do a journal when you want to write down dreams & desires**
- **You should do a journal when you want to plan for the Future**
- **You should journal when you are alone**
- **You should journal in the Morning, Afternoon, and Evening**
- **You should journal when you need to find answers to life problems**
- **You should journal when you need spiritual guidance**
- **You should only do a journal for personal & spiritual reasons**
- **You should do a journal to process thoughts, feelings, emotions**

How Should I Do Journaling?

- **You can do Journal alone**

- **You can do a Journal on Spiritual Retreats**
- **You can do a Journal in Nature**
- **You can do a Journal in Parks**
- **You can do a Journal in Groups**
- **You can do a Journal in the Church**
- **You can do a Journal in Temple**
- **You can do a Journal in Schools, Colleges, and Universities**
- **You can do a Journal in Communities**
- **You can do a Journal in Journalling Groups**

The Spiritual Benefits of Journalling

1. Enhanced Self-Reflection

Writing in a journal acts as a mirror to your soul, reflecting your deepest thoughts and emotions. This daily practice can illuminate often-overlooked aspects of your psyche, leading to enhanced self-awareness and introspection. By

carving out time to document your feelings, you can better understand your inner landscape, facilitating spiritual growth.

2. Clarification of Thoughts

Turning thoughts into words clarifies your thinking. Daily journaling serves this purpose, helping you process complex emotions and ideas, leading to clearer understanding and decision-making.

3. Goal Setting and Tracking

Journaling provides a structured way to set and monitor spiritual goals. Documenting your aspirations and progress keeps you accountable and motivated. By consistently revisiting your goals, you align more closely with your spiritual mission and purpose.

4. Building Resilience

Recording your spiritual challenges and how you overcome them can build resilience. Re-reading past

entries where you've persevered can provide inspiration and strength for future obstacles, fortifying your spiritual resolve.

5. Fostering Creativity

Keeping a spiritual journal is a creative and mind-opening process, allowing you to tap into your imagination and explore new ideas. By regularly recording your thoughts and experiences, you may find that you become more in touch with your creativity and are better able to express yourself in a creative way.

6. Deepening Connection with the Divine

Journaling creates the silence needed to encounter God or the Spirit. Our homes are often filled with nonstop noise from various sources. Journaling offers a quiet space to reflect and connect with the divine.

7. Developing Compassion and Empathy

When you journal about interactions with others, you cultivate empathy by considering different perspectives and motivations. This practice bolsters your compassion, a core component of many spiritual paths, by encouraging you to understand and connect with others more deeply.

Spiritual Practice 5 - Walking

5) Walking

Walking Meaning - 1) move at a regular pace by lifting and setting down each foot in turn, never having both feet off the ground at once

1) guide, accompany, or escort (someone) on foot

How To Develop Spiritual Practice of Walking

- **Find a Park or Nature Area where you can find a place to walk**
- **Start walking**

- **As you walk observe Nature, Animals, Humans, the Universe**
- **As you walk feel your feet, and legs moving as your walking**
- **Start to connect to the environment and nature**
- **As your walking connect with your breathing and Breathe**
- **As you walk start to feel the energy within your Body**
- **As you walk start to connect with your thoughts, feelings, emotions**
- **Enjoy the walking and keep moving forward**
- **Once you have walked and finished your walk say Thank You to God & Nature for your experiences in walking.**

How long should you Walking for?

- **Beginner** - You should Walk for 10 - 15 Minutes per day
- **Intermediate:** - You should Walk for 30 - 45 Minutes per day

- **Experienced** - You should Walk for 1 hour per day
- **Advanced** - You should Walk for 2 hours per day

When should you do Walking?

- You should do Walking when you are alone
- You should do Walking when you're with Family, Friends, Relative
- You should do Walking when you're with Partner, Spouse
- You should do Walking when you are with a Group
- You should do Walking when you're in a Walking Group
- You should walk when you want to exercise
- You should Walk when you are tired & fatigued
- You should go Walking in the Morning, Afternoon, and Evening

- You should do Walking to connect with Nature & God
- You should do Walking for Self-Healing
- You should do Walking with Spiritual Liberation

How Should I Do Walking?

- You can walk alone.
- You can do Walking on Spiritual Retreats.
- You can do Walking in Nature.
- You can do Walking in Groups.
- You can do Walking in the Mountains
- You can do Walking in Riversides
- You can do Walking in Walking Groups

The Spiritual Benefits of Walking

1) Meditation and Reflection

- Walking provides a peaceful environment conducive to

reflection and meditation. The rhythmic nature of walking can help you enter a meditative state, allowing space for spiritual contemplation and listening to your inner self.

2) Connection with Nature

Walking outdoors immerses you in the natural world, fostering a sense of awe and gratitude. This connection can deepen your appreciation for the environment and your place within it, enhancing your spiritual awareness.

3) Enhanced Creativity and Problem-Solving

The movement seems to encourage dialogue and conviviality, leading to richer conversations with soul mates, friends, and even strangers. Artists report that walking

activates the imagination and opens up the creative process.

4) Social Connection

Walking with others can provide social support and an emotional lift. There's something about walking and talking together that fosters deeper connections and shared experiences, contributing to a sense of community and belonging.

5) Spiritual Practices

Throughout history, walking has played an enormous role in the devotional life of people from all the world's religions: prayers and mantra practice while walking, pilgrimage to sacred sites, walking the labyrinth, walking meditation, and informal spiritual practices that make the most of

**strolling, sauntering, or
cavorting.**

Chapter 6 - 20 Ways of How to Overcome Overthinking - Ruminating - Negative Thinking

In this chapter we are going to talk about the 20 Ways of How to Overcome Overthinking - Ruminating - Negative Thinking. This chapter is one of the most important chapters in this book because I am going to show you step by step guide of how to Overcome Overthinking - Ruminating - Negative Thinking. Remember this is just a Spiritual Guide but in order to really go through the process of How to Overcome Overthinking - Ruminating - Negative Thinking you need to take Actions in order to help you achieve this.

I am not going to tell the readers what to do this is just a Spiritual Guide and information on How to Overcome Overthinking - Ruminating - Negative Thinking.

Remember you are the only person that can change the Overthinking - Ruminating - Negative Thinking

***within your life and no teacher,
guru, philosopher can help you to
do this.***

Let begin to talk about the 20 Ways of
How to Overcome Overthinking –
Ruminating – Negative Thinking.

20 Ways of How to Overcome Overthinking - Ruminating - Negative Thinking

1. Self-Awareness – Acknowledge your Overthinking – Ruminating – Negative Thinking

- You need to understand Self-Awareness and Acknowledge your Overthinking – Ruminating – Negative Thinking
- You cannot change something if you're not aware of thoughts & thinking
- You need to understand why you are Overthinking – Ruminating – Negative Thinking. What is the main cause of your Thoughts & Thinking in the current moment

- What is currently happening in your life experiences do you have some past trauma or negative life experiences which is affect your current thoughts & thinking in the present moment
- How are your feelings and emotions currently at the present moment do you have Positive Feelings and Emotions or Negative Feelings and Emotions
- What is your perception and overview of your life experiences and how does your current environment, culture, beliefs affect your worldview.
- What is cause you to have low energy and affect your beliefs which is always affect your thoughts and thinking
- How do you feel towards yourself? Are you happy with your current circumstances or is something affect your mental health & wellbeing
- Is something within your life stressing you out or if there past

life experiences that is affect your feelings and emotions

- How do you feel towards others & world?

Once we develop Self-Awareness and Acknowledge our Thoughts & Thinking in the current present moment? Then we can find out how we are feelings mentally, emotionally, spiritually, physically. Your thoughts & thinking have an effect on your energy levels which has an effect on mindset & beliefs.

Overthinking – Ruminating – Negative Thinking Is all do with Human Conditioning normally which has happened in past trauma and past life experiences.

If you are experience Overthinking – Ruminating – Negative Thinking this is something that your human conditioning from past trauma and negative life experience has done to your beliefs.

If your beliefs are affected by past trauma and human conditioning that

your mind will always keep thinking about the past and negative life experiences which has happened to you and that where Suffering – Pain – Adversities come from.

To Overcome Overthinking – Ruminating – Negative Thinking you have to understand past trauma and human conditioning.

Self- Awareness is the first step of Overcoming Overthinking – Ruminating – Negative Thinking.

You cannot change something you cannot see

2) Understanding Your Thoughts & Thinking Patterns – Noticing Your Thoughts & Thinking

- Once you Acknowledge your Thoughts & Thinking and why you are Overthinking – Ruminating – Negative Thinking then we need to focus on Understanding your Thoughts & Thinking Patterns
- Past Trauma and Human Conditioning can affect your

thoughts and thinking pattern in the present moment because of all the life experiences you have experienced

- Thoughts & thinking normally comes with Patterns of how your mind is viewing the world & society. **You, Others, Animals, World**
- Your Patterns of your life experiences is all based on Past trauma and human conditioning
- If you understand the patterns of your life experiences you can understand the patterns of your thoughts and thinking which is very important in Overcoming Overthinking – Ruminating – Negative Thinking
- Sometimes in life we have all experience positive or negative life experiences but normally our mind **creates a meaning** from what we have experience and that create a **beliefs**
- If your beliefs are focus on Past Trauma and Negative Life experiences then your thoughts

and thinking will process all of your life experiences which cause depression, unhappiness, suffering, pain – adversities

- The patterns of your beliefs can be trace back to Childhood, Upbringing, Past, Trauma
- If you want to understand your Thoughts & Thinking you need to understand your past and what life experiences has happened to you to make you feel depressed, anxious, upset

I want you to understand that patterns of Thoughts & Thinking all come from Past Trauma and Human Conditioning which is very important to realise. If you have gone through positive or negative life experiences this create your beliefs.

Your beliefs create your thoughts and thinking in the current moment.

Everything within your life has been focus on your thoughts & thinking. So, it important to realise that Patterns of thoughts and thinking come from past trauma and human conditioning.

Once you understand that all of your past life experiences has affect the way you live in the present then you can change the way you live now by understanding the Patterns of Thoughts & Thinking.

It important to realise to Overcome Overthinking - Ruminating - Negative Thinking you need to see the patterns of life experiences.

You cannot change something you cannot see within your life and by Acknowledge your thoughts & thinking and Understanding your Thoughts & Thinking you can find ways to Overcome Overthinking - Ruminating - Negative Thinking.

Everything starts from Self-Awareness and Self-Acceptance of your past trauma and human conditioning.

3) You Are Not Your Thoughts or Thinking - Understand that your Thoughts & Thinking is not you

- This can become one of the most difficult things to learn and understand but can be the

difference between Overcoming the Self or Living the No Self

- You are not your thoughts or thinking
- Have you ever realised when you're going through Overthinking - Ruminating - Negative Thinking that the mind is always worrying about everything but in between each thought and thinking there is stillness and silent before the next thought or thinking come into your mind.
- Stillness and Silent is your natural birth rights
- Jesus Christ - Jehovah - Buddha want you to find Spiritual Change in Stillness and Silents
- You are not your thoughts or thinking, you are a human being living in human form
- All thoughts & thinking our external not internal because it is a reflect of your worldview and current life experiences
- Have you ever noticed that you're thinking & thoughts come

into your mind randomly and you think you don't have control of them

- Thoughts & Thinking is External not Internal it comes from your perception of the world & reality

I want you to understand that Thoughts & Thinking is not your true nature as a human being. You are created to live abundance, faithful and spiritual which has nothing to do with External or Internal Thoughts or Thinking.

You are a human being living in a Human Form with not limits of your mind

Understand that you can create anything in your life that you want once you understand that you're not your Thoughts & Thinking

Because of Past Trauma and Human Conditioning, we think we the Thoughts & Thinking which we believe is in the internal Mind. No. That not true.

Your life experience is a perception of your worldview of the External world not your Internal world.

Jesus Christ – Jehovah – Buddha want you to go through Spiritual Change to discover No Self & Selflessness

Human Life is not about your Jobs, Careers, Family, Business, Volunteering, Money, Houses, Cars, Materialistic Things. No

Once you understand the Stillness & Silent which is within you already then you will discover Spiritual Change with your Psyche & Psychological Mind.

Spiritual Change means the Ending of The Self & Discovering No Self

You are not your thoughts or thinking – You Are Spiritual Energy with Unlimited potential

Discover the light that already within you in Stillness & Silent

4) Spiritual Love & Spiritual Energy - Discovering Jesus Christ - Jehovah - Buddha Love for you

- When we understand we are not our thoughts & thinking. Then we can learn about Spiritual Love &

Spiritual Energy. This is something that is not generated by doing something or become something. It is the Spiritual Eternal Timeless essence of Self-Compassion & Spiritual Love which is not based on anything.

- Spiritual Love & Spiritual Energy is a free gift from Jesus Christ – Jehovah – Buddha which is given to you from Spiritual Change.
- We are human beings not our Overthinking – Ruminating – Negative Thinking
- It important to realise there is Self-Compassion and Spiritual Love once you realise that you are not The Self you are truly No Self
- Human being believes that there is The Self because we live a Human Form on Earth. No. That not true.
- Can any human being look at themselves directly without The Self? Yes
- The Perception of the world & society is not what is true to Jesus Christ – Jehovah – Buddha because this is based on Attachment to something

that is outside ourselves as human beings.

- Everything is connected in Spiritual Way there no human life within connection
- You, Others, Animals, World are all interconnected in someway
- People struggle with Overthinking - Ruminating - Negative Thinking because they think there is a The Self and their life experience is The Self. No
- Spiritual Love & Spiritual Energy is the true-life experience of all Human Being, Animals, Universe
- Self-Compassion comes from within you and you already have this now

Jesus Christ - Jehovah - Buddha want you to find Spiritual Love & Spiritual Energy which is within yourself as a Human being and you have already had this now.

Understand that Overthinking - Ruminating - Negative Thinking is not the true reality of life and living.

There is a Spiritual Love & Spiritual Energy that can be given to you free

once you understand Spiritual Change and you are not your thoughts or thinking.

You can discover this just by Self-Awareness, Stillness, Silent

5) Develop 5 Spiritual Practices - Develop Spiritual Practices

- Once you learn about Spiritual Love & Spiritual Energy from Jesus Christ - Jehovah - Buddha then we develop a Spiritual Practice
- 5 Spiritual Practices - 1) Prayer, 2) Meditation, 3) Mindfulness, 4) Walking, 5) Journalling
- The 5 Spiritual Practices will help to develop Spiritual Change
- The light that within yourself - Self- Knowing
- Spiritual Change comes when you develop a Spiritual Practices
- 5 Spiritual Practices is a guide to Spiritual Change
- To Overcome Overthinking - Ruminating - Negative Thinking you need to develop a Spiritual Practice

Spiritual Love & Spiritual Energy is very important in Spiritual Change which comes from a Spiritual Practices. By developing a Spiritual Practices, you will go through a Spiritual Change.

Spiritual Change is Spiritual Freedom & Spiritual Liberation

But you need to develop a Spiritual Practice

You cannot go through Spiritual Change without Spiritual Practice which is why it become very important

Spiritual Practice is something you do daily - Everyday

Jesus Christ - Jehovah - Buddha has love for you and want you to Spiritual Change and do a Spiritual Practice.

This is very important to Overcome Overthinking -Ruminating - Negative Thinking

6) Discover Spiritual Change - How to Overcome Overthinking - Ruminating - Negative Thinking

- Spiritual Change will change your Psyche and Psychological Mind from Stopping Overthinking – Ruminating – Negative Thinking
- Spiritual Change is the most important thing to discover within life
- Spiritual Change will help you to Overcome the Self to No Self
- Spiritual Change is Spiritual Transformation of The Self to No Self
- Spiritual Change helps you to discover Spiritual Freedom & Spiritual Liberation
- You need to go through a Process of Spiritual Change
- Spiritual Change is the only way your life changes from The Self to No Self

I want you to understand that Spiritual Change is Spiritual Freedom & Spiritual Liberation from The Self to No Self. You need to go through Spiritual Change to find No Self & Selflessness.

Without the Spiritual Change you cannot overcome Overthinking – Ruminating – Negative Thinking.

What is very important about Spiritual Change is that you Overcome the Self and discover No Self & Selflessness. This becomes very important in life.

No Self is Know Thyself means No More Self

When you No Self – Know Thyself, you have no more Self

That stop Overthinking – Ruminating – Negative Thinking

7) Develop Faith & Spirituality – Spiritual Connection to Jesus Christ – Jehovah – Buddha

- Spiritual Change is how you develop your faith & spirituality
- Faith & Spirituality is not religion
- Faith & Spirituality is within yourself – The Light within yourself
- Spiritual Change discover the Light within yourself
- Jesus Christ – Jehovah – Buddha want you to go through Spiritual Change

- Faith & Spirituality stop Overthinking – Ruminating – Negative Thinking
- 5 Spiritual Practice help you to find Faith & Spirituality

Faith & Spirituality is how you discover Jesus Christ – Jehovah – Buddha within living. 5 Spiritual Practices help you to Spiritually Change.

Faith & Spirituality is not religion because it is found within yourself. Once you stop Overthinking – Ruminating – Negative Thinking. This is a Spiritual Change of the Psyche & Psychological Mind.

Faith & Spirituality can become true to human beings that Overcome the Self & Discover No Self.

The Light is within you already – You just need to discover it

8) Foundations of life – Your Life Experiences

- Spiritual Change will help you to build the Foundations of Life
- Faith & Spirituality is one part of Foundation of life

- Spiritual Change of No Self & Selflessness will help you to understanding Self-Knowing which is Know Thyself
- You can build your Foundations of Life Now just by going through Spiritual Change
- This will help to stop Overthinking – Ruminating – Negative Thinking
- You need to build Foundations of Life to live your life
- Without the Foundations being build you cannot live your life

Spiritual Changes build the foundations of life. With Spiritual Change comes Self-Knowing (Know Thyself).

No Self is a Spiritual Change of Know Thyself which helps to understand Foundations of Life.

Spiritual Change become the most important thing in life

To Stop Overthinking – Ruminating – Negative Thinking you need to Spiritually Change

Jesus Christ – Jehovah – Buddha gave
you Spiritual Guidance & Spiritual
Understanding

When you go through Spiritual Change
your Psyche & Psychological

9) Seek Professional Help

- Sometimes when you have gone through serious past trauma and human conditioning you need to seek for professional help
- Professional help is from professional
- Seeking Professional help can be the difference between Overcoming Overthinking – Ruminating – Negative Thinking or not
- Seeking Professional help is very important
- You can find professional help from Psychologist, Counsellor, Teachers, Pastor, Evangelist, Doctors, Nurse, Recovery Support Worker, Peer Support Worker, Employment Specialist
- Sometimes in life we are going to go through life experiences that we

don't understand or cannot overcome

- This is why you need to seek from professional help

Seeking Professional help is very important for life development. Sometimes we need Professional to guide us on our life journey and life path.

The important thing to realise is that professional have been on there own life journey to become professional

This can make a massive difference between living Overthinking - Ruminating - Negative Thinking or No

Seek professional help - This will help you

10) Learning & Understanding - From Your Life Experiences

- Spiritual Change will help you to learn from your life experiences
- Seeking Professional help with guide you in your life experiences

- Your life experiences have come as a result of your thoughts & thinking
- Spiritual Change will change the Psyche & Psychological Mind to learn and develop
- Spiritual Change is what helps you to learn
- Spiritual Change is Spiritual Freedom & Spiritual Liberation
- Spiritual Change is No Self (Know Thyself)
- Jesus Christ – Jehovah – Buddha want you to go through Spiritual Change for Spiritual Transformation of No Self
- Learning & Understanding is everything in Spiritual Development

I want you to understand that Learning & Understanding is very important to Overcome Overthinking – Ruminating – Negative Thinking. If you don't learn from life experience you have been through which is always very hard to do then you cannot go through a Spiritual Change.

Spiritual Change means No Self (Know Thyself) so you need to learn from life experiences to Know Thyself which is very challenging and difficult to do.

Overthinking – Ruminating – Negative Thinking is all based on you but when you go through Spiritual Change you discover there is No Self (Know Thyself) which comes from Learning & Understanding.

Before you do anything in life you need No Self (Know Thyself) and then you will have the opportunity to fully live your Spiritual Life Purpose but this doesn't come without No Self.

So Spiritual Change and No Self is important for Life Development

Learning from life experiences show you everything which means you don't need a Teacher, Philosopher, Guru to tell you.

All learning and understanding come from within yourself.

The Light within in

11) 5 Levels of Helping Other People - Spiritual Contributions & Spiritual Difference

- Once we have process learning and understand from our life experiences then we find something very important in helping other people & giving back
- There are 5 Levels of Helping Other People & Giving Back
- **Level 1** - Volunteering (Good Level in Helping Other People)
- **Level 2** - Jobs/Careers/Employment (Great Level in Helping Other People)
- **Level 3** - Business/Entrepreneur (Highest Level in Helping Other People)
- **Level 4** - Faith/Spiritual (Spiritual Level in Helping Other People)
- **Level 5** - Spiritually Helping Other People Who Helping Other People (Teaching Level in Helping Other People)

- You cannot help other people without going through Spiritual Change
- Jesus Christ - Jehovah - Buddha want you to go through Spiritual Change to Help Other People & Give Back
- Overthinking - Ruminating - Negative Thinking is based on The Self which means you cannot focus on helping other people when you are focus on The Self
 - The Self is where Suffering - Pain - Adversities come from
 - So Spiritual Change is how you Overcome the Self & No Self
 - No Self is (Know Thyself) which means No More Self
 - 5 Levels of Helping Other People is very importance
 - Going through Spiritual process help you to Spiritually Helping Other People

5 Levels of Helping Other People comes from Spiritual Change. This is what make you help other people and give

back. The Spiritual Change is No Self & Selflessness.

The Self is where Suffering – Pain – Adversities come from so it is very important to Overcome Overthinking – Ruminating – Negative Thinking If you want to do the 5 Levels of Helping Other People and giving back.

5 Levels in Helping Other People is Spiritual Transformation from The Self to No Self

Spiritual Change is the way you Spiritually Help Other People & Give Back.

12) No Self & Selflessness – Know Thyself

- Spiritual Change helps you to discover No Self & Selflessness
- Spiritual Change helps you to connect with Faith & Spirituality
- Spiritual Change help you to connect with Jesus Christ – Jehovah – Buddha
- Your life changes when you discover No Self & Selflessness

- Jesus Christ – Jehovah – Buddha want you to Spiritual Change to discover No Self & Selflessness
- You cannot Know Thyself without No Self & Selflessness
- No Self & Selflessness is Spiritual Contributions to Helping Other People & Giving Back

Spiritual Change is the most important thing in No Self & Selflessness because without No Self you don't Know Thyself and if you don't Know Thyself you will live with Overthinking – Ruminating – Negative Thinking. The most important thing to Overcome Overthinking – Ruminating – Negative Thinking is to discover Spiritual Change and learn No Self & Selflessness.

The Self is the Problem to No Self

No Self means No More Self – Know Thyself

You understand your life experiences and there No More Self

13) You, Others, Animals, World – Your Understanding of Worldview

- Once you understand No Self & Selflessness which comes from Spiritual Change then we get to a very important part of life
- You, Others, Animals, World – Your understanding of Worldview
- This can only come to someone who has gone through Spiritual Change to discover No Self & Selflessness
- Your worldview is not Yourself, Family, Friends, Spouse, Children, Partners, Jobs, Careers, Employment, Business, Volunteering. No
- Your Worldview is who you are as a Human Being which has no attachment or anything to it
- Who you are as a Human Being is the most important question of Living
- You cannot find that without Spiritual Change, No Self, Selflessness within living
- Don't view life as what you get out of it or who you become within it because that know who your truly are as a human being

- Who you truly are as a human being has no Label, No Attachment, No definition to it
- What you truly are is Spiritual Energy which has no title to it
- Spiritual Energy is Spiritual Love which is important in everyday life
- Human beings who have experience Spiritual Change will learn that you cannot become more successful, rich, prosperous, wealthy or anything that Human Beings have created without some process of Spiritual Change
- That is why Spiritual Change is more important than anything else
- Without Spiritual Change you are not connect with Nature – Jesus Christ – Jehovah – Buddha and that means that Overthinking – Ruminating – Negative Thinking will be your life because you never you transcend from The Self to No Self

Spiritual Change helps you to learn You, Others, Animals, World. You are not your thoughts and thinking. Truly what you are is Spiritual Energy living in Human

Form so that means you have light within you that need to come out of you.

Spiritual Energy is Spiritual Love mean develops Self-Compassion, Faith & Spirituality.

You realise when you go through Spiritual Change that nothing on earth matter when I mean Family, Children, Spouse, Partners, Jobs, Careers, Business, Volunteering, Money, Finance, Holidays doesn't have no meaning to it. I am not saying that this is not important for human life because we need attachment within our lives.

But when you go through Spiritual Change you realise you are Spiritual Energy that has no limits or barriers.

This is what it means to be Spiritual Free and Spiritual Liberated.

You're not attached to anything but your open to everything which is a Spiritual Thing.

In life all you have is You, Others, Animals, World which we live in because this is life existence on earth but when

you really find Faith & Spirituality you realise that all Earthly things don't matter to Spiritual Change which means No Self (Know Thyself) this become very important to learn because No Self is No More Self which means your free and spiritually you changed.

14) Spiritual Life Mission - Discover Your Spiritual Life Purpose & Spiritual Calling

- Spiritual Change is how you find your Spiritual Life Mission
- All human beings need to find their Spiritual Life Mission
- This is something you find within yourself – The Light within you
- Until you go on the Spiritual Journey of Spiritual Change and discover No Self & Selflessness you would not be able to find it
- No Self & Selflessness is Spiritual Change
- 5 Spiritual Practices & 5 Levels of Helping Other People helps you to discover it
- Spiritual Life Mission is your density within live which we all need to discover for ourselves

- Someone cannot tell you how to do it because they are not you
- Faith & Spirituality is very important for Spiritual Life Mission but you will have to discover it for yourself

Spiritual Life Mission is your density in life and we must discover it as human beings. No one can tell you what it is because it comes from yourself and you need to discover that very important.

Now it is important to understand that No Self & Selflessness is the way to really understand Spiritual Life Mission.

Jesus Christ – Jehovah – Buddha want you to discover this

But you need to go through Spiritual Change to find it within yourself

That why Spiritual Change is the most important thing in life

Without Spiritual Change there no Overcoming the Self which has Overthinking – Ruminating – Negative Thinking due to past trauma and human conditioning.

You need to find your Spiritual Life Purpose to find your Spiritual Life Mission.

Remember Spiritual Energy has no limits or barriers to it so you become Spiritually Free to live your density in daily life once you go through Spiritual Change.

15) Spiritual Eternity - Heavenly Spiritual Realms

- Spiritual Change helps to find Spiritual Eternity in Living
- Jesus Christ - Jehovah - Buddha want you to Spiritual Change
- You don't enter Spiritual Eternity due to the work you do on earth. No. It to do with Faith & Spirituality
- Faith & Spirituality connect you to Spiritual Eternity but you have to find it in Living
- Spiritual Change doesn't mean you don't go through Suffering - Pain - Adversities or Overthinking - Ruminating - Negative Thinking. No

because this is part of daily life. So, it important how you process it and transcend it within your own way

- The Light is within you – you need to discover it

Spiritual Change give you faith & spirituality which connect you to Jesus Christ – Jehovah – Buddha in Spiritual Eternity.

There is no amount of works you can do to get to Spiritual Eternity because it not based on your works. It truly about Faith & Spirituality that you find when you're in earth.

Everything in life pass away eventually but your Faith & Spirituality in Living will continue which is really about Spiritual Energy. You live in Heavenly Spiritual Realms on Earth and your Faith & Spirituality live on.

Spiritual Change is the most important thing in life to discover to Overcome the Self to No Self which truly become very difficult to do in life.

Faith & Spirituality is Spiritual Change in
Spiritual Freedom & Spiritual Liberation.

16) The Spiritual Mindset

- Spiritual Change is how you change into The Spiritual Mindset
- Spiritual Change helps you to change your overview of life
- Spiritual Change helps you to discover The Light Within Yourself
- Spiritual Change is The Spiritual Mindset
- Spiritual Change is focussing your life on Helping Other People & Giving Back
- Spiritual Change helps you to discover faith & spirituality which is within yourself
- The Spiritual Human Beings live differently in living
- The Spiritual Mindset is No Self & Selflessness

The Spiritual Mindset is No Self & Selflessness which is a Spiritual Change.

You cannot stop Overthinking –
Ruminating – Negative Thinking without

Spiritual Change in Psyche & Psychological Mind.

The Spiritual human beings will live differently in Living their daily life which is very rare to find within world & society.

Spiritual Change brings Faith & Spirituality in The Spiritual Mindset

Jesus Christ - Jehovah - Buddha want you to Spiritual Change to develop The Spiritual Mindset

17) Spiritual Change the Psyche & Psychological Mind

- To Stop Overthinking - Ruminating - Negative Thinking you need to go through Spiritual Change within Psyche & Psychological Mind
- Your Psyche is who you are as a Human Being and your thoughts & thinking process
- Until your Psyche changes your life Psychological will not change
- Spiritual Change changes the Psyche of Human Beings
- Spiritual Change is a Change in Psyche & Psychological Mind

To Stop Overthinking – Ruminating –
Negative Thinking you need to
Spiritually Change your Psyche &
Psychological Mind.

This is why Spiritual Change become
very important

Spiritual Change within your Psyche &
Psychological Mind

When your Psyche Changes your
thoughts & thinking changes

All of Overthinking – Ruminating –
Negative Thinking is because of past
trauma and human conditioning within
the Psyche & Psychological Mind,

Spiritually Change yourself – Spiritually
Change your life

18) Jesus Christ - Jehovah - Buddha

- Jesus Christ – Jehovah – Buddha
wants you to go through Spiritual
Change
- Jesus Christ – Jehovah – Buddha
want you to become Spiritually
Free and Spiritual Awakened

- Jesus Christ – Jehovah – Buddha want you to Spiritually Helping Other People & Giving Back
- Jesus Christ – Jehovah – Buddha want you to develop Spiritual Practice
- Jesus Christ – Jehovah – Buddha want you to develop Faith & Spirituality

Spiritual Change helps you to connect with Jesus Christ – Jehovah – Buddha which is the most important relationship you have with living.

Spiritual Change helps you to discover Faith & Spirituality in Jesus Christ – Jehovah – Buddha

Spiritually Change your life – Spiritually find Faith & Spirituality

19) The Light is Within You – The Light That Inside of You

- When you discover the light is within you this will help you to understand that you're not your past trauma or human conditioning, you are Spiritual Energy living in a Human Form

- The Light is within you to free yourself from Overthinking – Ruminating – Negative Thinking. You need to realise that you have full control of your mind, thoughts, thinking's, feelings, emotions, intentions, beliefs, actions
- The Light that within you is the Spirit of Jesus Christ – Jehovah – Buddha which you can discover by doing 5 Spiritual Practices and going through Spiritual Change
- You are the source of light and you don't need to live in darkness anymore with Overthinking – Ruminating – Negative Thinking of Past Trauma
- Focus on developing your 5 Spiritual Practices and you will find the Spiritual Love & Spiritual Energy which is the light within yourself
- Jesus Christ – Jehovah – Buddha want you to discover the light within which is a Spiritual Change and Spiritual Transformation of The Self to No Self

- When you realise that The Self is all to do within Human Conditioning and Past Trauma then you can awaken the No Self & Selflessness which is already inside of you - The Light is within you

The Light is within you which you need to discover within yourself. You can be the inspiration to Humanity - Animals - Universe once you realise that you're not your thoughts & thinking you are Spiritual Energy living in a Human Form. You are A Spiritual Beings having a Human Experience.

Focus on doing the 5 Spiritual Practices and build the foundations for life and the light which is within you will start to shine and come out. Jesus Christ - Jehovah - Buddha want you to Spiritual Change and find the source of Spiritual Love & Spiritual Energy which is inside yourself.

All the answers to life problems can be found within yourself because the light that within yourself is the source of all Spiritual Creations.

The Light is within you – Spiritual Change helps you to find the source of Spiritual Love & Spiritual Energy

The light will overcome any darkness within your life and you can be the light for yourself now

**20) Spiritual Enlightenment –
Ending of Suffering – Pain –
Adversities (Stopping
Overthinking – Ruminating –
Negative Thinking)**

- Spiritual Enlightenment is Spiritual Change of No Self & Selflessness
- Spiritual Change helps you to become Spiritually Enlightened
- Spiritual Enlightenment is the End of Suffering – Pain – Adversities
- Spiritual Enlightenment is the End of Overthinking – Ruminating – Negative Thinking
- The Light Is Within to become Spiritually Awakened, Spiritually Free, Spiritual Liberated
- Spiritual Enlightenment is the Understanding of Spiritual Truth

of Jesus Christ – Jehovah –
Buddha – Life

- Spiritual Enlightenment is to become the Source of Inspiration for Others
- Jesus Christ – Jehovah – Buddha want you to become Spiritual Enlightened

Spiritual Enlightenment is very important for Spiritual Change, Spiritual Freedom, Spiritual Liberation. You can become Spiritual Enlightened by developing 5 Spiritual Practices and going through Spiritual Change.

Spiritual Enlightenment is the End of Suffering – Pain – Adversities

Spiritual Enlightenment is the End of Overthinking – Ruminating – Negative Thinking

Spiritual Enlightenment is the End of The Self to No Self

Jesus Christ – Jehovah – Buddha want you to go through Spiritual Change. The Spiritual Enlightenment will make you become Spiritual Awakened to Spiritual Truth.

When you discover No Self there is No More Self within you. This will connect to Spiritual Energy.

Spiritual Change is the way you become Spiritually Enlightened

Spiritual Enlightenment is the Spiritual Transformation of the Psyche & Psychological Mind which means No Self & Selflessness.

Chapter 7 - 18 Ways of How to Overcome Suffering - Pain - Adversity

In this chapter we are going to talk about the 18 Ways of How to Overcome Suffering - Pain - Adversity. This is a Spiritual Guide of How to Overcome Suffering - Pain - Adversity. This is very important in Overcome Overthinking - Ruminating - Negative Thinking because Suffering - Pain - Adversities will make you become depressed, anxious, negative.

It is important to realise that 18 Ways of How to Overcome Suffering - Pain - Adversities would need to be done in order to truly be free and liberated. It is important to realise that 18 Ways of How to Overcome Suffering - Pain - Adversities become very important for Faith & Spirituality.

Jesus Christ - Jehovah - Buddha want you to go from Spiritual Change which helps to find Spiritual Freedom & Spiritual Liberation.

In this chapter we are going to talk about Step by Step of 18 Ways of How to Overcome Suffering – Pain – Adversities this become very important in life.

18 Ways of How to Overcome Suffering – Pain – Adversity

1) Acknowledge the Situation - Understand your situation and circumstances

- Before you can resolve any life, challenge or suffering first, we must accept the situations and circumstances we are going through
- Understanding your situations & circumstances can help you find clarity in the challenges or life problems you are facing
- Learning to accept adversity, life challenges, and life problems for what it is can bring a true level of freedom and help you find some solutions to situations & circumstances.

- When we accept, we are acknowledging that we are going through a difficult time in our life this can even make us emotional, tearful, fearful, scared, or frightened or can be the start of life transformation, personal growth, and spiritual learning.
- You cannot resolve a situation or circumstances with the same mindset that got you within that situation. You have to learn to find solutions and ways to overcome the adversity & suffering you are facing.
- Acceptance is not an easy thing to accept but it can make you realize that something needs to change to get you out of the situations & circumstances.
- Sometimes the biggest power is to take back control of your life by accepting the situation and circumstances you are facing.

- Adversity & Suffering is part of life but learning to accept the things you can control and not control is true liberation.
- ***Acceptance Meaning - the action of consenting to receive or undertake something offered***
- ***Acceptance Meaning - the process or fact of being received as adequate, valid, or suitable***
- When we learn to accept the situations & circumstances, we are facing in the universe, Jesus Christ, God will come to help & support us.
- Acceptance is not a weakness but a strength of learning to accept life for the way it is and learning that you need to take action in order to change the situations & circumstances.
- Acceptance is the first step for life transformation and spiritual change

- Only once we accept are situation and circumstances then we can take action to overcome the Adversity & Suffering we experience in our lives
- You have to learn to accept the things you cannot change but learn to appreciate the things you can change
- Understanding your situations & circumstances can help you discover new ideas & help you to do critical thinking to find a solution to your problems & challenges.

2) Change Your Mindset - Think of a new perspective and find solutions to problems

- It is important to change your Mindset when you're going through Suffering – Pain - Adversity. When you change your mindset, you have a different perspective on your life experiences.

- Growth Mindset - is the belief that your abilities and intelligence can be improved through effort, learning, and persistence.
- A growth Mindset can help you through adversity and suffering because you will learn that these life experiences are something that is helping you to grow as a human being and for your greatest good.
- God & Jesus Christ would not put you through something that you could overcome so it is important to remember that changing your mindset can help you become more resilient and persistent.
- Changing your mindset is important for life transformation and spiritual growth.
- It is very important to have an open mindset to learn from all life experiences and adversity.
- Something when we go through serious adversity & life experiences can make us become depressed and have a negative mindset but it

is important to understand that you will get out of the situations, circumstances, adversity, and suffering you are going through and your past doesn't have to be your future.

- Read Books, Listening to Podcasts & Audiobooks, Watch Videos, Life Experiences, and Knowledge & Wisdom can help you change your Mindset.
- Mindset is one of the most important things in life and it is important to be faithful and have a positive mindset when it comes to adversity & life challenges.
- Changing your mindset is the way you change your life there is a quote that says – “Change Your Mindset – Change Your Thinking, Change Your Life”
- Changing your mindset starts with changing your thinking, learning, and understanding.
- It is important to believe that your life experiences, adversity, and

suffering can change for the better if you remain hopeful and open-minded.

- Something, when we are going through suffering – pain – adversity, is good to learn from someone who has lots of knowledge & wisdom, for example, your Parents, Teachers, Pastors, Grandparents, or Close Friends who can give you some advice and guidance.
- Having a positive mindset is the difference between success and failure but if you stay open-minded and focus on the positive, not the negative you can change your situations & circumstances.
- It is important to learn that all Suffering – Pain - Adversity is temporary and nothing lasts forever it all passes through time. This is what we call the Growth Mindset.

- People with fixed mindsets are unable to see beyond their situations & circumstances.
- People with a Growth mindset keep persistence through the trials and tribulations until they make progress.

3) Seek Help and Support - A professional to support you on your life journey

- When you are going through suffering – pain – and adversity is very important to get the right professional help and support for what you're through
- For whatever situations or circumstances, you are facing there is something who has been there before who you can seek help and support from
- Psychologists, Counsellors, Life Coach, Speakers, Entrepreneurs, Business Owners, Doctors, Consultant, Therapists, Peer

Support Workers, Recovery Support Workers, Nurses, Professionals, Pastors, Ministers, Evangelists, Employment Specialist, Buddhists, Mentor, Teachers can all help you in your situations and circumstances.

- There are no life problems, life challenges, adversity, or suffering that can now be resolved through the right help and support.
- It is important to build a relationship with the professionals that are helping you.
- It is important to be able to trust someone who is professional to help you.
- Seeking help and support is very important and must be done to get you through a very serious situation or circumstances.
- Read Self Development, Personal Development, and Spiritual Books can help you to understand what you're going through

- There are many people in the world who have similar life experiences to you – if you choose to learn from these people this can give you knowledge and wisdom.
- Understanding that seeking help and support doesn't make you weak as a person but it is a massive step forward in the right direction.
- When you're going through suffering – pain - or adversity a Teacher, Mentor, Life Coach, Pastor, Buddhist, Psychologist, or Counsellor could save you 10 – 30 years of more pain and suffering from the knowledge and wisdom you gain from professional helping and support you.
- I have always said that your greatest asset is that you can find the right help & support from professionals to help you in your life situations & circumstances.

- You can change your situations and circumstances through the right professional help and support.
- If your faithful person then Reading the Bible or Religious Scriptures can help you find healing and comfort when you are experiencing adversity & suffering.
- Jesus Christ & God want you to seek help and support for what you're going through no life problems or life challenges are too big for Jesus Christ & God to handle
- Just remember seeking help and support from professionals can transform your life in every way.
- Sometimes the best thing we can do is get help & support for our situations and circumstances.

4) Develop A Spiritual Practice - Prayer, Mindfulness, Meditation, Journaling, Walking

- It is important to develop a Spiritual Practice when you're

going through Suffering – pain -
and adversity because this can
help you to feel comfortable and
spiritual healing for whatever
you're going through

- Spiritual Practice is something you can do every day or whenever you feel like it because this will help you deal with any adversity & suffering.
- Spiritual Practice is something that can help you find spiritual guidance with Jesus Christ, Buddha, and God and can help you to heal from mental and emotional suffering.
- It is important that your Spiritual Practice is something that can help you through the most challenging and difficult times in your life and it is important to maintain the consistency of doing your Spiritual Practice every day.
- Spiritual Practice – Walking, Nature, Meditation, Mindfulness, Prayer
- Your Spiritual Practice is the key to connecting to higher powers &

spiritual authority which can help you to find closure and spiritual guidance.

- Spiritual Practice is important to you and you can learn to do something that will help you in daily life and also something that will help you develop your spirituality & faith.
- Spiritual Practice connects you with your faith – Jesus Christ, Buddha, and God.
- Spiritual Practice will help you to find freedom and liberation from life's adversity and suffering.
- Please remember that Spiritual Practice will not resolve all your life problems but can be the source of finding true inner wisdom and clarity over life situations and circumstances.
- When you connected to Jesus Christ, Buddha, and God you develop a stronger relationship with your faith

- Your faith is the most important thing in life and you must focus on developing your faith through Spiritual Practice.
- **Spiritual Practice** Meaning - is a regular activity or ritual that helps people connect with a higher power or their inner selves, and to develop a sense of spirituality.
- Developing your Spiritual Practice will help you connect to Jesus Christ, Buddha, and God.
- **Faith Meaning** - complete trust or confidence in someone or something
- Spiritual Practice should be the most important thing you do in your life because this will help you when life adversity and life problems arise in your life
- Spiritual Practice is something that is important to you and you want to make sure that you spend time developing your spiritual practice

- Truly if you make time to develop your spiritual practice you will be able to find joy, happiness, and contentment through serious life adversity and suffering
- God wants you to communicate with him through your spiritual practice that's why you should make time for it
- Remember spiritual practice will connect you to your faith and God loves human beings that express their faith through Spiritual Practice
- **Meditation Meaning** - the action or practice of meditating
- **Mindfulness Meaning** - maintaining a moment-by-moment awareness of our thoughts, feelings, bodily sensations, and surrounding environment, through a gentle, nurturing lens.
- **Walking Meaning** - move at a regular pace by lifting and setting down each foot in turn, never having both feet off the ground at once

- **Prayer Meaning** - a solemn request for help or expression of thanks addressed to God or another deity.
- A religious service, especially a regular one, at which people gather in order to pray together.
- An earnest hope or wish

5) Spend Time in Nature & Silence - In stillness and silence there is a spiritual answer

- Spending time in Nature & Silence is very important for mental health & well-being.
- God has created Nature for us to appreciate.
- Sometimes when you're going through adversity and life challenges the best place is to spend some time alone in Nature and be in stillness.
- Spiritual Answers can come from being in Nature & Stillness

- You have to understand that God wants you to connect with Nature to find healing & Appreciation
- Nature has spiritual answers to ongoing life adversity – life challenges – life problems
- In stillness and Nature, there is freedom, love, peace and liberation
- Remember that Nature is a Human Best friend and we should make time for Nature when we don't understand serious adversity and suffering
- You can learn to appreciate your adversity and suffering for being in Nature and appreciate how abundance God Loves is
- God Loves you and wants you to overcome any adversity – life challenges – life problems
- Spend time in Nature and find spiritual answers to your difficulties and adversity

- You can also learn so much about yourself when you spend time in Nature and stillness
- Stillness is part of a Spiritual Practice so make time to be in stillness
- There is a quote that says “God communicates to you through silence” Go into Silence and you will hear your inner voice of God communicating with you
- God is part of eternal silence, love, peace, Nature – Find time to connect with God, Nature, Stillness, Silence
- You, your Relationship with God, and Others are very important please don't take it lightly
- **Stillness Meaning** - Stillness is a calm, quiet, motionless state
- **Nature Meaning** - the phenomena of the physical world collectively, including plants, animals, the landscape, and other features and products of the earth,

as opposed to humans or human creations.

- the basic or inherent features, character, or qualities of something
- Your relationship with Jesus Christ, Buddha, and God can come through silence, nature, stillness

6) Find a Way to earn a living - Sometimes you need to support yourself and make a living

- When you're going through suffering – pain - adversity you need to find a way to make a living and support yourself financially.
- Depending on what you're going through you may need some financial support to help you overcome the adversity and suffering you are facing for example Psychological & Counselling Therapy with a Psychologist & Counsellor (Need financial support to pay for Private Therapy Sessions), Business Loan

for the Bank (Need Finance support to help you maintain your business from bankrupt)

- There is no right or wrong way to make a living for yourself and your family but you should choose something where you can contribute in a meaningful, purposeful way.
- Earning a living for yourself does mean you will need to do some work in Employment, Jobs, Careers, and Businesses.
- You can get support from Professionals to help you find a way to earn a living for yourself.
- Sometimes people wouldn't think that money and finance are important for what you're facing with your adversity and suffering but we need to remember that money can be a tool to help you with certain things. Money is not a bad thing but can be used for good to help you in what you're going through

- When you earn a living, you are able to build the foundations to support yourself and your family that is why it is important to find a way to earn a living.
- In the world we live in money and finance does become very important for your mental health & well-being because we need finance to live.
- I would recommend you do some work that helps other people and give back this will help you to find meaning through your own adversity and suffering and help you to give your purpose.
- God wants you to support yourself financially and help you to earn a living for yourself and your family.
- Remember money and finance is not the most important thing but we need money and finance to solve certain life problems.
- Earn a living can mean the difference between success and failure why find a way to earn a

good living for yourself and your family?

7) Find a way to build a business or career you are passionate about - Do something meaningful for yourself and your family

- It is very important to understand when going through suffering - pain - adversity that you do something in life that you're passionate about
- Building a Business and Career that you are passionate about will give you meaning and purpose in your life.
- When we are going through serious life adversity and suffering, we sometimes don't realize that we need to build a life for ourselves which is very important.
- I would recommend you build a business and career that helps other people and gives back in

some way to Humanity, Animals, and the Universe.

- Doing something meaningful and purposeful is the way to get through any adversity and life problems.
- Your business and career should be something that is truly important to you and something you see yourself doing for a long time.
- Don't pick a Business or Career that is about money because this is not meaningful.
- Do a Business & Career that helps you personally grow and spiritually contribute.
- As human beings when we are going through adversity and suffering this could be the time when we find a true hidden desire & inner passion to create something important within the world and society.
- Your business and career are your life work so make sure you pick

something that is truly important to you.

- Remember doing meaningful work will help you go through adversity & suffering.

8) Learn from failures, successes, mistakes - see what you can do differently

- Learning from Failure, Success, and mistakes is true knowledge & wisdom that can help you in your personal life and professional life.
- In life, we all go through suffering - pain - adversity but the life lessons we learn from it can be the difference between achieving your dreams & desires or having nothing.
- When you're going through suffering - pain - and adversity, you may not have the mindset to look at your failures, successes, and mistakes.

- We can learn to look at ourselves openly and not judge ourselves for making mistakes, failures, successes.
- It is true that human beings are not perfect but God sees our imperfections and wants us to learn from them.
- God & Jesus Christ want you to learn from failures, success, mistakes
- You only grow as a human being when you learn what you have done right and wrong
- Sometimes it is hard to look at ourselves but this can be the start of true freedom and understanding
- Mistakes, Failures, and Successes is something to learn from
- In life, we will be going through suffering – pain – adversity but the life lessons we learn through the journey can be life-changing

- You can only understand yourself once you learn to see your mistakes, failures successes
- Please don't feel like every action you take has to be perfect because that is not true it is important to learn through right & wrong actions in life and grow as a human being
- Mistakes are life lessons ed learned
- Successes are life lessons ed learned
- Failures are life lessons ed learned
- Understanding yourself is the beginning of Knowledge & Wisdom
- From your mistakes, failures, and successes see what you can do differently

9) Develop Meaning, Life Purpose, Life Mission, and Vision - when you're going through hardships this is the time for growth

- When you going through suffering – pain – adversity this can be a great time to develop meaning, life purpose, life mission, and vision.
- Going through adversity, and suffering can be difficult but you can develop an internal meaning from what you experience.
- Discovering meaning, life purpose, life mission, and vision can help you to work towards your future aspirations & dreams.
- When you see no hope develop a spiritual meaning from the adversity and suffering you are facing
- Jesus Christ & God help people who are broken-hearted and going through serious adversity & suffering.
- Some people have found meaning, life purpose, life mission, and vision from believing that what they are going through is for Jesus Christ & God and this is part of the process

that they need to go through to grow as human beings.

- Suffering – pain - adversity can help you to change your life direction and life path so try to focus on the life lessons that Adversity & Suffering are teaching you.
- Developing your meaning from suffering & adversity can help you find a spiritual life purpose which gives you new life direction.
- Always remember that Suffering – pain - and adversity help you to personally grow.
- When you go through hardships and disappointments this can help you to develop true meaning in what is important to you in life.
- Adversity & Suffering are God trying to tell you that something needs to change in your life to grow to the next level personally & spiritually.

- Focus on The Zone of Power – The things you can control and let go of the things you can't control
- Meaning is created by you – You can change a negative life experience into a positive life story.
- Meaning will help to give you something to live for – Find your true meaning from Adversity & Suffering.
- Jesus Christ & God will help you through adversity & suffering just find your meaning through your difficulties and hardships.

10) Helping Other People & Giving Back - Do something to contribute to others

- When you're going through Adversity & Suffering sometimes the meaningful thing you can do is help other people & give back.
- You can find meaning and life purpose in helping other people & giving back.

- You can find meaning from pain to purpose by helping other people
- Helping other people is a way to not think about your adversity & suffering and do something kind for others
- Find meaning from your adversity & suffering through helping other people can become fulfilling and rewarding
- Contributions to helping other people are very rewarding and you can discover yourself as a human being when you resolve other people's adversity & Suffering
- Jesus Christ & God want you to do something meaningful with your life and helping other people is the way you give something back to society & communities
- If you focus your pain, adversity, and suffering on doing good toward helping other people then you will grow spiritually as a human being and Jesus Christ & God will be with you

- Some people have said that helping other people has been the transformation thing that has changed my life from thinking about myself to others
- Helping Other People heals you and gives you the freedom to be yourself
- You can help other people by sharing your life stories and what you have been through to inspire others and make a massive difference to society
- You can find healing in helping other people and sharing your story
- You learn so much about adversity & suffering when you learn from others
- Helping other people can give you true motivation and inspiration to do good in the world and society
- Helping other people makes you realize that some people have gone through worse adversity &

suffering than you which can open up your worldview and perspective

- You can find spiritual meaning in giving back and making a difference to others
- Life becomes more fulfilling when you're helping other people with what they are going through
- You can get the opportunities to talk with people who have experienced lots of adversity & suffering and learn from their mistakes, failures, success
- Helping other people changes your perspective
- The most powerful thing helping other people and sharing your life story with others
- You can find your spiritual life purpose & spiritual calling by helping other people.
- Helping other people makes you more compassionate and kinder toward others

- You can experience life transformation through helping other people
- You can understand what you have been through and what others have been through
- Helping other people is the beginning of liberation and life transformation
- Please find a way to help other people & give back

11) Journaling - Process your day through daily journaling

- Writing in a Journal every day can be the most powerful thing you do for yourself
- A journal is a way to express your adversity & suffering in a healthy way
- You can learn so much about yourself through journaling and self-reflection

- Journaling can transform your life in every way possible
- You can become spiritually free through journal and learn who you are as a human being
- You can write in your journal anything important to you and learn from your daily self-reflections
- I would recommend you buy a Journal and write in your journal every day for 15 – 30 Minutes about the things you're learning and what you're going through
- Journaling is a personal & private thing which is just for you and no one else
- Journaling can be shared if you give consent for other people to read your thoughts, feelings, emotions
- Journaling is Self-Discovery and Self-Reflection

12) Practice Self-Care - Look After Yourself

- Self-care is very important when you're going through adversity & Suffering
- Practice Self Compassion and Self-Acceptance everyday
- The best way to heal is when you focus on the internal not the external
- Healing comes from within you so practice self-care
- Daily Routine is very important in Self Care (Work, Self-Care, Parental responsibilities, caring responsibilities, Gym, Nature)
- Self-care is important to overcome adversity & Suffering
- Self-compassion is not selfish it is the key to self-healing and spiritual liberation
- Please make time for yourself every day no matter how busy you are
- Self-care is also forgiveness

13) Believe in Jesus Christ & God

- Believe in Jesus Christ & God will help you to overcome adversity & Suffering
- Jesus Christ & God can help you to heal from adversity & Suffering
- Faith is the key to believing in Jesus Christ & God
- When you feel hopeless and lost still believe in Jesus Christ & God and they will help you through adversity & Suffering
- Find a community of people who believe in Jesus Christ & God and start attending regular community events
- Church is the place where Jesus Christ & God can heal you
- Pray to Jesus Christ & God to help you overcome adversity & Suffering

- Meditate on the holy bible and let the bible scriptures guide you in your journey
- Jesus Christ & God love you so please believe in Jesus Christ & God
- Jesus Christ & God can do miracles within your life if you repent and ask for spiritual guidance
- Jesus Christ & God understand your pain, adversity, and suffering because they create you
- There is no life problem or adversity that Jesus Christ & God cannot resolve
- Have faith and believe in Jesus Christ & God
- Jesus Christ & God are the keys to overcoming your adversity & Suffering

14) Develop your Faith & Spirituality

- Develop your faith & spirituality every day
- Connect with your faith, intuition, and spirituality which will help you overcome adversity & Suffering
- Jesus Christ, Buddha, God is here for you
- You can develop your faith through religion or spirituality
- Nature is the place for spiritual connection and spiritual appreciation
- Spend time in Nature & connect with God
- Meditation & Mindfulness is important
- Prayer is important
- Develop your spiritual practice to grow your faith & spirituality
- Communicate with Jesus Christ, Buddha, and God daily

15) Go through a Spiritual Change and Spiritual Awakening

- When you are going through adversity & suffering you are going through a spiritual change and spiritual awakening
- Spiritual change is part of life so please accept it
- Spiritual awakening is part of a spiritual process of overcoming adversity & Suffering
- Suffering brings humility, hope, surrender
- You will spiritually change & spiritually awaken when you have overcome adversity & Suffering
- Spirituality connects you with Jesus Christ, Buddha, God
- Stay connected to your intuition & spirituality

16) Share Your Life Story and Inspire Others

- Sharing your life story and inspiring others will help you overcome your adversity & Suffering
- Your life experience can be shared to inspire others
- All of your life experience can be used to help others and give back
- Sharing your life story is powerful and transformation
- Your life story can help millions of people's lives
- You can become who you want to be by sharing your life experience to others
- You are the light and you can shine your inspiration on others
- Helping Other People by sharing your life story is life-changing
- Share your life story and help the next generations of Humanity
- You can provide the ultimate impact and difference to others by sharing your life story

- Your life story is an inspiration to Humanity
- Sharing your life story can help you become spiritually liberated
- Jesus Christ & God want you to share your life story with others

17) Invest in Understanding - Learning - Education (Invest in Yourself)

- To overcome adversity & suffering you need to invest in understanding – learning – education
- Sometimes we need to understand our adversity & suffering to help us learn how to overcome it
- If you invest in yourself, you can learn to understand yourself
- Learning & Understanding is the key to Self-Education
- Jesus Christ & God want you to invest in yourself

- Learning & Understanding e are changing and life transformation
- You are the resource to your greatest gifts – your mind
- Invest in your Understanding & Learning to invest in your mind & yourself
- Understanding yourself is the beginning of wisdom

18) Spiritually Change people's lives from your inspiration and contributions

- Once you have overcome your adversity & suffering then the next progression is to spiritually change people's lives through your actions & life story
- Focus your work in life on inspiring & motivating others and spiritually changing people's lives with contributions
- When you have gone through so much adversity & suffering you have to help other people not go

through the same pains, hardships, and disappointments you went through

- Helping Other People can help you to provide spiritual contributions to helping other people & giving back
- You are the light – Be the inspiration to others
- Spiritually changing people's lives is difficult but you can do it because you have been through the process – be the source of inspiration to others and give spiritual contributions

18 Ways of How to Overcome Suffering – Pain – Adversity will help you to overcome any Suffering – Pain – Adversity you will face in your life. It is important to realize that 18 Ways of How to overcome Suffering – Pain – Adversity is a guide to help you overcome suffering.

Remember that you can make a choice & decision to change your life for the better and find resilience & persistence

to overcome Suffering – Pain –
Adversity.

Chapter 8 - 5 Levels of Helping Other People

In this chapter we are going to talk about the 5 Levels of Helping Other People. This becomes very important once we Overcome Overthinking – Ruminating – Negative Thinking. It is important to go through Spiritual Change in order to do the 5 Levels of Helping Other People. This is very important in Overcome Suffering – Pain – Adversities.

5 Levels of Helping Other People is how you create The Spiritual Legacy Now within your life.

It is very important to go through Spiritual Change to do the 5 Levels of Helping Other People and Spiritual Change become the most important thing in Helping Other People & Giving Back.

Spiritual Change helps you to do the 5 Levels of Helping Other People which become the most important thing in life to discover.

When you do the 5 Levels of Helping Other People then you discover the No Self & Selflessness which is very important in Faith & Spirituality.

Jesus Christ - Jehovah - Buddha want you to go through Spiritual Change and once you Overcome Suffering - Pain - Adversities and Stopped Overthinking - Ruminating - Negative Thinking then you will have the opportunity to do the 5 Levels of Helping Other People.

5 Levels of Helping Other People

Level 1 - Volunteering (Good Level in Helping Other People)

Level 2 - Jobs/Careers/Employment (Great Level in Helping Other People)

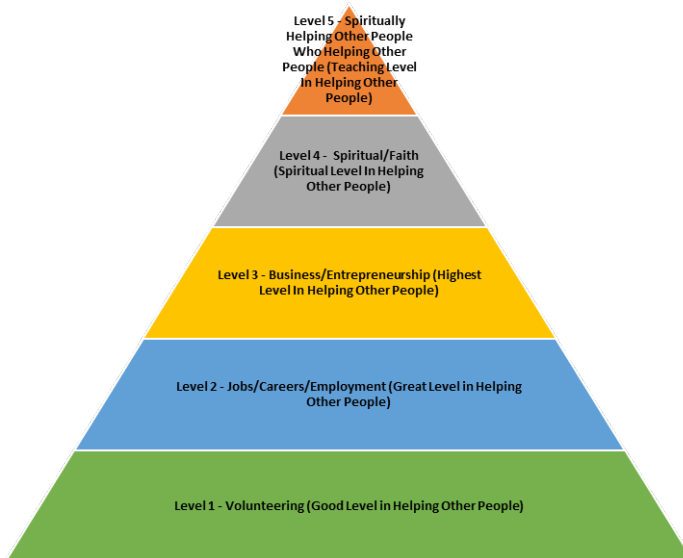
Level 3 - Business/Entrepreneurship (Highest Level in Helping Other People)

Level 4 - Spiritual/Faith (Spiritual Level in Helping Other People)

Level 5 - Spiritually Helping Other People Who Helping Other People

(Teaching Level in Helping Other People)

5 Levels of Helping Other People



The Importance of Helping Other People - Level 1 Volunteering

Level 1 – Volunteering (Good Level in Helping Other People) is a very important level in helping other people because you're working for free or

volunteering your time to support & help other people in what they are going through. Volunteering is the level 1 of helping other people and the best way to get work experience in helping other people. If you become a volunteer in helping other people you will gain so much invaluable work experience in supporting and helping other people. The journey of the 4 levels of helping other people starts when you become a Volunteer. Volunteering has become one of the most rewarding and fulfilling roles to do in helping other people and many people really enjoy the work of volunteering as a part of daily life.

Volunteering can become a massive part of your life and really make you feel joyful and happy. Volunteering can be something you do for the rest of your life if you find the right volunteering vocation for you to work in.

Volunteering is a way to find out what type of work you're really interested in and explore your options in the working vocation. Volunteering is always about helping other people in what they are

going through with your time, money, work experience.

Volunteering is all about give back and doing good work to contribute to meaningful causes which will provide so much meaning and value in your personal and professional life. Working as a Volunteer is a great way to learn about the helping other people vocation and choose which path of helping other people vocation you want to work in. Right now, there is a massive need for volunteers to help other people in volunteering and give back is something which can give you time, work experience to work towards a mission and causes.

Volunteering connects to your spirituality, humanity, morals, values, beliefs and being a volunteering is the best way to enter the helping other people vocation. You will learn so important skills, life lessons, qualities, abilities, characteristic, personality by doing volunteering work.

5 LEVELS OF HELPING OTHER PEOPLE

Volunteering work is focus on working for free and spending some of your time helping clients in their journey and recovery.

Volunteering is the start of 4 levels of helping other people and when you start volunteering and helping other people in what they are going through you discover the true passion and essence of helping other people.

Different Ways of How You can Level 1 - Volunteering to Help Other People

Volunteering is a great way to help other people and there are many ways in Volunteering where you can help other people. You can help other people as a Volunteer in:

- Hospital
- Community
- Charities
- Centre
- NHS
- Humanitarian
- Foundation

- Organization
- Companies

Volunteering has many different areas of where you can volunteer and gain real work experience in helping other people for experience.

- Mental Health
- Homelessness
- Criminal Justice System
- Psychology
- Occupational Therapy
- Life Coaching
- Counselling
- Mentoring
- Youth Work
- Social Work
- Housing
- Charities
- Foundation
- Causes

- Pastoral
- Church work
- Ministries
- Self-Development
- Personal Development
- Teaching
- Education
- Civil Services
- Government
- Politian
- Philosophy
- University
- College
- School

There is no right or wrong path to volunteer but the important thing dear readers I want you to realize in the 4 levels of helping other people the most important thing is that you help other people and give back. Whatever path you choose to help other people and give back make sure you take your time

and really be clear on what really your passionate about and what motivate you.

There are many ways of how to can apply for Volunteering roles just go on (Do It Org) <https://www.doit.life/> or <https://www.indeed.com/> or <https://www.charityjobs.com> and apply for Volunteering job opportunities.

The Pros & Cons of Level 1 –
Volunteering in Helping Other People

Pros of Level 1 - Volunteering

- Volunteering is the key to learning because there are always careers and jobs where you can work for free and gain all of your work experience, skills, abilities within Volunteering.
- Volunteering helps you to develop core mindsets and skills, abilities which would help you in daily life and career progression. I am very passionate about showing the important of volunteering

and how it can make a very massive in your career development.

- Volunteering is a great way to meet new like-minded people and build a true connection with clients
- Volunteering is very rewarding & fulfilling work to do
- Volunteering connects you to Humanity without thinking about material gain or finances
- Volunteering is great work experience if you never worked within your chosen field before
- Volunteering can help you to get Volunteer References from Organization, Charities, Foundations
- Volunteering will expand your Knowledge & Wisdom in Helping Other People
- Volunteering is a great way to Help Other People and Give Back
- Volunteering can help you to make a massive difference in people lives

- Volunteering can help you to develop skills & abilities in Helping Other People
- Volunteering is the core of communities, society, causes, foundations, charities
- Helping Other People as a Volunteer will help you within your Career & Employment Progression and Development
- Volunteering will help you to connect with Managers & Employers
- Volunteering can help you to create real rapport & connections with Employers & Managers
- Volunteering can help to build your reputation and credibility
- Volunteering teaches you true core values, principles, beliefs, morals in Helping Other People

Cons in Level 1 - Volunteering

- Volunteering means you're working for free and don't get paid for the work you do

- Volunteering can sometimes take time out of you working in Paid Employment & Paid Careers
- Volunteering is hard to do when you have Full Time Employment
- In Volunteering you can only work 4 – 20 hours per week and no room to work more hours
- Volunteering can sometimes become draining if your helping vulnerable clients who have lots of complexes and difficulties
- Depending on what Volunteering you do you will need Emotional Resilience
- Sometimes you cannot help the clients the way you want to in Volunteering work
- Lack of Career Progression as a Volunteer
- Working from free as a Volunteer can sometimes be demotivating because you feel like your work should be paid for
- Policies comes when you work as a Volunteer

- Volunteering Is free labour of work and can sometimes be very hard work
- Volunteering can take time away from family, children, friends

Summary of doing Level 1 - Volunteering in Helping Other People

- Helping other people and giving back is all about learning and growing into the person you want to become that why I will always recommend that you start your working career and vocation by doing some volunteering and great practical work experience in your chosen field of interest.
- Volunteering really helps to build communities and societies all around the world and volunteering will be the key way you learn about helping other people. Please don't make the mistakes that most people do by just going into Paid employment without doing volunteering work first. It is important that you do the level 1 - Volunteering in helping other people.

- Volunteer working hours and shifts are normally from 4 – 20 hours per week depending on the number of days you choose to volunteer and work.

Volunteering is the most important part of building the foundations to helping other people career path and vocation. Volunteering is the way you learn about helping other people and really how to work within an organization and career.

- I believe to build a successful career in helping other people you need to make sure your foundations are stronger and you learn the key basic skills and abilities of helping other people.

Volunteering is the work that expose you to the helping other people vocation and it is a great way to build your foundation of the career you want to go into.

- When you start helping other people for the first time as a Volunteer you learn so much about yourself and Volunteering work. I believe volunteering work help the individual to be a more passionate, compassionate,

empathic, humble human being who really want to take care of people and do the amazing work of helping other people.

- Volunteering in helping other people give you the best work experience if you haven't had no work experience in helping other people or if you're a school leaver or graduate from university. Every successful career in helping other people starts with level 1 - Volunteering (Good Level in Helping Other People)

What You Can Learn from Level 1 - Volunteering in Helping Other People

These are some of the skills & abilities you can learn from being a Volunteer.

- Learn how to help other people and give back.
- Volunteering helps you to build the foundations in helping other people
- Gain invaluable work experience in your chosen career and vocation in helping other people

- Giving back something in your communities and societies
- Learn about your clients and organization in Volunteer
- Learn how to work for free as a Volunteer
- Gain amazing skills, abilities, knowledge, work experience from Volunteering
- Be a part of an amazing team of Volunteers
- Build professional work relationships with colleagues and managers
- Get references which will help you into Paid Employment
- Understand the essence of helping other people and Volunteering
- Help to develop your core morals, values, beliefs as a Volunteer

Level 2 - Jobs/Careers/Employment (Great Level in Helping Other People)

The Importance of Helping Other People
– Level 2 Career/Employment

Level 2 – Careers/Employment (Great Level in Helping Other People) this is

very important level in helping other people because your life work will be focus with the career and employment you choose to work in.

Career/Employment is a very important part of Helping Other People & Giving Back. Helping Other People in Career/Employment is important for your self-development. You need to Helping other people within your career/employment which is a very important work to do. This is because you're earning a living from helping other people and building your career and employment history in helping other people. The important thing about building a career/employment in helping other people is that you will be working 20 - 40 hours every week from Monday - Friday 09.00 - 17.00 and have the weekend as time off work. It is important to receive your Career/Employment in helping other people because you wouldn't be able to earn a living unless you learn how to help other people within your career/employment. This is not a job just to work in but a massive serious

spiritual contribution and difference in helping other people.

If you don't choose the right career and employment in helping other people that you really want to do then you will become unfulfilled and very miserable working so many hours within no rewards of joy, fulfillment, happiness.

Helping Other People within Career/Employment is not for money or personal gain but the importance of Helping Other People and making a difference.

It is important to start your career & employment by doing all the roles that will help you get to your dreams career & employment in helping other people. Don't make the mistake by skipping do jobs in your career & employment because you will miss skills, knowledge, abilities by doing that.

Working in a vocation in Career/Employment in Helping Other People is the most important work you will ever do within your life.

The best way to start a successful career & employment in helping other people is by doing all the jobs on the way to your ideal future career & employment. This is very important to learn because

when you do all the jobs & careers before you realize your ideal future career & employment this will help you to build the skills, abilities, characteristics, personality in Helping Other People which cannot be learnt until you do all jobs and careers within your Employment Journey.

Helping other people works best when you work step by step by step in achieving your career & employment and each step you take more your closer to your career & employment.

Helping other people within your career & employment become your life work, life purpose, life vocation, life mission. That why we discuss working in level 1 - Volunteering (Good Level in Helping Other People) first before you make the leap to work in paid employment (Full Time or Part Time).

Helping other people within your career and employment because the right vocation in helping other people which cannot be rush and must be taken very seriously. Some people who want to help other people in paid employment skip volunteer work and just work as paid employee first but when you do that you miss the foundations level in helping other people. The best way to help other people is to go through the process of helping other people – level 1 – level 2 – level 3 – level 4.

The 4 levels of helping other people will teach you need skills, knowledges, abilities in the journey. Remember helping other people is a journey and not a destination. I want you to understand the importance of slowly and steady taking your time in helping other people & giving back because this is the process to achieve your dreams career & employment. Each of the 4 levels in helping other people must be a part of the life vocation in Helping Other People.

The way to build a successful career & employment in helping other people is to do entry level roles, immediate level roles, senior level roles, management level roles. Helping other people is always about going through the process you have to crawl before you can walk fully, just like in helping other people you got to do entry level roles before you can do managerial level roles.

Different Ways of How You can Level 2 – Career/Employment to Help Other People

There are many helping other people industries/organization/companies you can work in as a Paid Employee

- Mental Health
- NHS
- Homelessness
- Criminal Justice System
- Psychology
- Occupational Therapy
- Life Coaching
- Counselling

- Mentoring
- Youth Work
- Social Work
- Housing
- Charities
- Foundation
- Causes
- Pastoral
- Church work
- Ministries
- Self-Development
- Personal Development
- Teaching
- Education
- Civil Services
- Government
- Politian
- Philosophy
- University
- College

- School
- Prisons
- Consulting
- Corporate
- Foundations
- Religion
- Spirituality

Working in a Career/Employment in helping other people means you could be supporting difference types of people from Children, Young Adults, Adults, Older People. Depending on where you work and what organization you want to be a part of the client's base will be different.

To find Career/Employment in helping other people you can go on www.indeed.com, www.nhsjobs.com, directly on organization websites, looking from Jobs & Careers dictionaries of list of employers/organization, talk to friends and family who work in jobs/careers in helping other people, Use LinkedIn to connect with employers & managers, Face to Face Interaction with

employers and talk about your skills and abilities to employers.

Finding Career/Employment in helping other people will take time because they are a certain way in getting work, employment, jobs in helping other people. For example, you need to read the Job Description and the Personal Specification and answer all the key points that the employers want for the applicant who apply for this role. You would need to show examples and show your skills & abilities when it comes to key points of the Personal Specification for the job/career.

This would be very important for anyone who want to look for careers/jobs in helping other people. Once you developed the techniques of applying to Careers/Jobs applications then you can use this same technique in any careers/jobs you apply for.

I would encourage the reader to find a life vocation where you can become the person you dream to be and help other people in what they are going through. This would be very important for your

self- development and personal development.

It important to have a good understanding of Humanity conditions when you want to work in Career/Employment in Helping other people.

- mental health difficulties
- learning difficulties
- mobility issues
- unemployment
- physical conditions
- disabilities
- social issues
- housing issues
- environmental issues
- educational issues
- religions & spirituality.

Pros of Level 2 -
Career/Employment

- Life is about building the blocks that will help you get to your future self but working in a career & employment is the way you get there.

- Working in a Career/Employment in helping other people is very rewarding and fulfilling and you can really become the person you want to be through working a Career/Employment in helping other people.

- Your life vocation and spiritual calling is linked to the work you do day to day within your life and working a Career/Employment in helping other people really help you to build your legacy and career in a vocation which is about selfless service.

- Helping Other People is not just working in jobs/careers for money or material gain because this would not help you in finding the right career/employment for yourself. Your work should be something that connect with you and aligned with you.

- I believe learning to help other people in a Career/Employment takes lots of

learning and understanding because the clients you meet in your life work will have different types of conditions and circumstances.

- Career/Employment in Helping Other People helps you to be a livelihood and living
- Career/Employment in Helping Other People can transform your life completely
- Career/Employment in Helping Other People bring secure and safety
- Career/Employment in Helping Other People helps to build your work experiences
- Career/Employment in Helping Other People can change your spiritually
- Career/Employment in Helping Other People helps you to build connections with colleagues, staffs, managers, clients
- Career/Employment in Helping Other People bring you to your life purpose
- Career/Employment in Helping Other People is a Spiritual Calling

- Helping Other People is a full time Vocation which means you're always working for clients
 - Helping Other People in Career/Employment helps you to continually help other people everyday
 - You can learn about yourself when you help other people in Career/Employment
 - Career/Employment in Helping Other People can grow your compassionate & empathy towards Helping Other People
 - Consistently Helping Other People can connect you with Jesus Christ & God
 - You develop your faith in Helping Other People can be life changing experience
 - Helping Other People daily can grow your emotional, mental, spiritual life
 - Helping Other People will make you learn about Humanity – Animals – Universe
-
- Career/Employment can help you develop skills & abilities

- Career/Employment help to build your morals, values, beliefs in Helping Other People
- Career/Employment in Helping Other People is very important for Self-Development
- Career/Employment in Helping Other People is the start of Spiritual Contributions

Cons in Level 2 - Career/Employment

- Helping Other People work can become a daily routine Monday – Friday 09.00 – 17.00
- It hard to change life vocation once you start working Career/Employment in Helping Other People
- You may not like all aspect of the Career/Employment work you do in Helping Other People
- You have to deal with Managements, Clients, Families, Politics in Career/Employment
- You may not like your Management, Boss, Employers

- You earn the same salaries and wages from Month – Month (Pay check to Pay check) every month
- There is a limit to your earning potential in Career/Employment
- It is hard to change Jobs if you don't have much work experience in Career/Employment
- You may want to change your organization ethics and culture but you don't have the authority to do this due to just being Employee and not being in Management
- You have a serious caseload of clients you work with which can become draining and tiring
- Listening to lots of client's life problems and life issues can become overwhelming and exhausting
- It is hard to progress in your Career/Employment without build the right skills and abilities for Managerial, Senior, Leadership Roles

- Working in Career/Employment can stop your Ambition and work ethic to start Business in Helping Other People
- You can become frustrated and exhausted with pressure and stresses of working Part Time- & Full- Time work
- You can only earn finances between your contract hours of 20 – 40 hours per week which is limited
- You can work in the same life Vocation for 10 – 20 years without much variety and change in work you're doing
- Sometimes the work of Career/Employment can be tiring and overwhelming
- Sometimes you don't have time in the day to take regular breaks because your very busy
- There is so much work in Career/Employment in Helping Other People which always keep you Active & Busy

**Summary of doing Level 2 -
Career/Employment in Helping
Other People**

- I believe if you get some work experience first as a Volunteer and then slowly build your career/employment in helping other people then you will make a massive difference in people's lives and really help the next generations of Humanity.

- Working in a Career/Employment in helping other people will take time and commitment because you will be spending a lot of time working with clients. I would recommend that you choose an organization and company where you see yourself working for more than 2 – 3 years within the organization/companies to get the work experience you need.

- Your life vocation is a very important part of life and you want to make sure your Career/Employment is aligned to your belief, values, morals, principles you have about life and helping other people. Working in Career/Employment would be a life-long journey in helping other people and you will learn so much about yourself and the clients you support. The best thing about

Career/Employment is that it gives you Work Experience which you can use in any jobs and careers you choose to do.

- Find the right life vocation take time and sometimes you need to go through trials and tribulations before you find the right Career/Employment for you. It is important to realize that sometimes you

may need to change

Jobs/Careers/Employment to go into the right career for yourself and it is ok to change your vocation and career path if you feel this is not the right career for you.

- Changes is also a part of Career/Employment and as you help other people and give back you need to be able to adapt to any changes that may come on your life journey. It is important to be openminded, Non-Judgmental when helping other people in your Career/Employment because vulnerable people you will meet have severe struggles and life challenges they are experiencing.

- Being compassion and Empathic, helpful towards clients, non-judgmental, persistence, resilience is the way you will have a long Career/Employment in helping other people.

- The good thing about a Career/Employment in helping other people is that the more work experience you gain and the more people you support and help in their journey is the more money you can earn for your livelihood and living. Of course, we don't help other people because of money but if you have responsibilities and need financial income to support your family & children then it is possible to earn more money and help more people in their journey.

- Think about Career/Employment as a step-by-step journey of self-discovery and self-development. The more you learn about helping other people, study your vocation, do different roles in your careers & jobs is the better individual and human being you will become and you can double & triple your earning

potential and Career Trajectory in a 2 – 10 years.

- Your work experience will help you to build your Career/Employment in helping other people you don't need any formal education, diploma, degrees to work unless you want to become a qualified Doctor, Psychologist, Counsellor, Nurses, Occupational Therapist, Teacher, Social Worker.

- I would recommend to learn as much as you can about your chosen Career/Employment you want to do but remember your work experience and doing the work day to day will help you build your skills and abilities in helping other people.

What You Can Learn from Level 2 – Career/Employment in Helping Other People

These are some of the skills & abilities you can learn from being an Employee.

- Learn how to Help Other People & Give Back
- Build a Career & Employment in Helping Other People

- Build the work ethic and foundations in Helping Other People
- Develop your resilience and work ethic in Helping Other People
- Career/Employment leads you to your life purpose
- Career/Employment in Helping Other People Is Very Important
- Career/Employment in Helping Other People is Life Vocation
- Career/Employment in Helping Other People develops your Skills & Abilities in Work
- Career/Employment in Helping Other People build livelihood and living
- Career/Employment in Helping Other People leads to Spiritual Contributions
- Career/Employment in Helping Other People leads to life work
- You cannot skip the stages of level 1 - Volunteering to Level 2 - Career/Employment
- You can develop your faith and Spiritual in Career/Employment in Helping Other People

- Career/Employment in Helping Other People build your core values, morals, beliefs
- Career/Employment in Helping Other People is very important life vocation and spiritual work to do
- Career/Employment in Helping Other People helps you to learn and develop
- Career/Employment in Helping Other People give you work experience

You learn how to work with a Client Caseload in Helping Other People in Career/Employment

Level 3 - Business/Entrepreneurship (Highest Level in Helping Other People)

The Importance of Helping Other People
– Level 3 Business

Level 3 Business (Highest Level in Helping Other People) is the highest level in Helping Other People. Working in a Business in Helping Other People is very important and something that

everyone must desire to do within their life vocation. The reason why working in a Business in Helping Other People is so important because you are able to do the work you really want to do in the world & society and the work is limitless to the potential of your serving & giving towards others. Business in Helping Other People can give you the opportunity to earn a massive living and you can support yourself financially without having to work in 9 – 5 Jobs or Career or Employment.

As an entrepreneur you are in control of your destiny and work, and you can choose what you want to do in your life & time which is a spiritual freedom which you cannot get from working in Career & Employment.

Helping Other People in Business is a very great privilege and honour which makes you more humble and more spiritual. It is important to help other people in Business because clients can receive massive support in their journey whether it would be financially, morally, mentally, emotionally, physically,

business, socially, educationally. You can learn so much from becoming an entrepreneur and working in a Business that help other people, which is great for self-development and spiritual development.

Level 3 Business is the highest level in Helping Other People because you can create your own future and become the person you envision yourself to be through hard work and good work ethics. Business is not something that everyone can do because they don't understand how to work in a business and own your own organization, cooperation, company.

It is important to realize if you want to really help millions and billions of people around the world and society then you need to focus on owning a business in Helping Other People. When you normally think of Entrepreneurs who help other people and give back, they are normally some of

the most spiritual and successful leaders in society because they really care for others and want to help other people.

If you have a desire to want to help other people and give back, then working in a business that supports and help other people should be your ultimate vision and life purpose. To be the person you want to be you need to be able to work for yourself and do the work that really matter to you. That why working in Businesses that Helping Other People can be your life work and spiritual transformation for your self-development and spiritual development.

Helping Other People in Business is super fulfilling and so rewarding because your helping other people the way you want to help other people and doing work that energize you and keep your motivated and alive. There is no better work then working from yourself and owning your own business. The successful leaders are all entrepreneurs & business owners.

If you have a spiritual desire to Helping other people, then working for yourself is the start of your life work and life vocation.

Business is not just about making lots of money and owning the biggest house, cars, materialistic things but Business can become a spiritual life vocation which help you to contribute to lots of people within the world & society and build a long-lasting legacy that live forever.

Some businesses are not cooperation because they are not focus on money like Foundations & Charities which are non-profit and any of the money, they make within the business go back to the community and humanitarian work. Business is the way you choose what you want to do in life and fully live your freedom and life purpose without worry about finances, bills, material things.

Business is very important in Helping Other People because you can be able to transform millions and billions of people lives if that something you desires to do.

The work in Business is not like 9 – 5 jobs, careers, employment, you got to work for yourself as an entrepreneur

and learn to work for living on your own terms.

Working in a Business in Helping Other People means you can help other people 24 hours a day in the way they would benefit your clients and customers. This is very important because in 9 – 5 jobs you are limited to 8 hours of work in Helping Other People.

Entrepreneurs are so passion about their businesses that they want to spend all their time working on business in Helping Other People and Giving back. It important to realize that Entrepreneurship & business ownership is the way to create the life you truly desire and dream of.

Entrepreneurship brings freedom –
Business brings Power – Impact Brings
Significance - Helping Other People
Bring Legacy

The work you will do in your Business will become the most important work you do for yourself, your family, loves ones, partner & spouse, children.

Helping Other People is a spiritual life journey and doing the 4 levels of helping other people is the way you make your difference within the world & society, and it is important to realize that owning your own business is the start of true freedom and hard work.

I am not saying to get to the 3 level Business is everyone's goal because some professionals are very happy with working a Career for 50 years in one organization. But if you're someone with a special spiritual desire and you want to make a difference and want your name to be remembered then working to Business is the way to go.

I believe we are all here to find work that fulfilled us and make us come alive and something the only way you truly find it is when you work for your dreams and desires and do work that matters to you.

I believe working in a Business in Helping Other People is the way to your dreams and desires and making thousands & millions of spiritual contributions.

There is a saying that a Journey of Thousand miles start with the first step. If you been reading through the book of the 4 levels of Helping Other People Level 1 - Level 2 - Level 3 - Level 4 then you're taking a spiritual journey of your dreams and desires.

Level 3 - Business is the Highest Level you can reach in Helping Other People and being an Entrepreneur/Business Owner is the way you get there.

The clients you will be working with in your Business will be clients that you really want to work with and support on their journey.

Choose the right Business in Helping Other People is super important and must not take lightly, you spiritually you need to think what Business is right for you to do in Helping Other People & Giving Back.

Find the right clients & customers will be part of Businesses in helping other people which you would need to find and discover depending on what business you choose to go into.

I believe if you build a career in Helping Other People from the work you did in Volunteering & Career/Employment then it may be helpful to writing down all the things you have learnt and the skills, experience, abilities you have gain to help you find your right business to work in.

Some people are very creative & artistic so they need to be in a Business in Helping Other People where they can create content for example Audio, Books, Videos, Podcasts, Music, Webinars, Classes, Workshops, Presentation.

Some people are service focused so they need to be in a Business in helping other people where they can run their services & sell their products.

Some people are more leaders which focus on helping other people and their teams to make a massive contribution in world & society.

There is no right or wrong business to set up in Helping Other People the

important thing is to choose a business which is right for you.

Understand what Business you want to create can be the most empowering thing you can ever do for yourself because you are learning about what is important to you in life and your values, morals, beliefs will change your perspective of what business you want to do.

Helping Other People is a Life Vocation and Choose a Business if a Serious Life Decision

I would recommend to the readers that you carefully think about the important of your business and how you want to serve your clients and customers. Choosing the right business is very important and you must make the best decision for you and your family.

Level 3 Business (Highest Level in Helping Other People) is Spiritual life vocation and what you choose to create it up to you – Life Is What You Make It – Create a Business of your dreams and desires.

Some of the most successful people make the most massive impact – difference – contributions to Helping Other People.

Different Ways of How You can Level 3 – Business to Help Other People

There are many different businesses you can set up to Help Other People & Give Back and it is important to realize the Business you choose from the very beginning will be the business you put your heart into. It is important to choose a business which is right for you and something that your very passionate about. Working in Business is exciting and when your helping other people this is very fulfilling and rewarding. Here are some of the businesses you can do in helping other people.

- Psychology
- Philosophy
- Science
- Medicine
- Health
- Yoga

- Science
- Clinics
- Hospital
- Centres
- Church
- Ministries
- Nursing
- Meditation/Mindfulness
- Prayer/Meditate
- Mental Health
- Youth Work
- Prisons Work
- Rehabilitation
- Foundations
- Charities
- Schools
- College
- Universities
- Counselling
- Consulting

- Entrepreneurship
- Business
- Finances/Money
- Cooperation
- Life Coaching
- Mentoring
- Public Speaking
- Writing
- Online Business
- Social Media
- Influencer
- Homelessness
- Therapy
- Employment & Careers
- Drugs & Alcohol
- Philanthropist
- Real Estate
- Housing
- Social Enterprise
- Social

- Environment
- Corporate
- Freelancer
- Tutoring
- Teaching
- Spiritual
- Religions
- Pastoring
- Evangelism
- Ministering
- Preaching
- Healing
- Bible Studies
- Faith
- Authoring
- Sports
- Personal Training
- Fitness Instructor
- Youtuber
- Motivational Speaking

- Keynote Speaking
- Inspirational Speaking
- Online Education
- Music
- Teaching
- Lecturer
- Trading
- Investing

Business is the practice of making one's living or making money by producing or buying and selling products (such as goods and services). It is an activity or enterprise entered into for profit."

These are just some of the Businesses that Entrepreneur can start to help other people and give back.

To find information on how you can start a business and set up a business you can go on

<https://www.gov.uk/browse/business>,

<https://www.gov.uk/government/organisations/companies-house>

Different type of Business Structures/Ownership

A sole proprietorship, also known as a sole trader, is owned by one person and operates for their benefit. The owner operates the business alone and may hire employees. A sole proprietor has unlimited liability for all obligations incurred by the business, whether from operating costs or judgments against the business. All assets of the business belong to a sole proprietor, including, for example, a computer infrastructure, any inventory, manufacturing equipment, or retail fixtures, as well as any real property owned by the sole proprietor.

A partnership is a business owned by two or more people. In most forms of partnerships, each partner has unlimited liability for the debts incurred by the business. The three most prevalent types of for-profit partnerships are general partnerships, limited partnerships, and limited liability partnerships.

Corporations' owners have limited liability, and the business has a separate

legal personality from its owners.

Corporations can be either government-owned or privately owned, and they can organize either for profit or as non-profit organizations. A privately owned, for-profit corporation is owned by its shareholders, who elect a board of directors to direct the corporation and hire its managerial staff. A privately owned, for-profit corporation can be either privately held by a small group of individuals, or publicly held, with publicly traded shares listed on a stock exchange.

A cooperative or co-op is a limited-liability business that can organize as for-profit or not-for-profit. A cooperative differs from a corporation in that it has members, not shareholders, and they share decision-making authority.

Cooperatives are typically classified as either consumer cooperatives or worker cooperatives. Cooperatives are fundamental to the ideology of economic democracy.

Limited liability companies (LLC) and other specific types of business

organization protect their owners or shareholders from business failure by doing business under a separate legal entity with certain legal protections. In contrast, a general partnership or persons working on their own are usually not as protected.

A franchise is a system in which entrepreneurs purchase the rights to open and run a business from a larger corporation.[10] Franchising in the United States is widespread and is a major economic powerhouse. One out of twelve retail businesses in the United States are franchised and 8 million people are employed in a franchised business.

Company limited by guarantee is commonly used where companies are formed for non-commercial purposes, such as clubs or charities. The members guarantee the payment of certain (usually nominal) amounts if the company goes into insolvent liquidation, but otherwise, they have no economic rights in relation to the company. This type of company is common in England.

A company limited by guarantee may be with or without having share capital.

A company limited by shares is the most common form of the company used for business ventures. Specifically, a limited company is a "company in which the liability of each shareholder is limited to the amount individually invested" with corporations being "the most common example of a limited company." [12] This type of company is common in England and many English-speaking countries. A company limited by shares may be a

- publicly traded company or a - privately held company.

Pros of Level 3 - Business

- Business in Helping Other People give your spiritual freedom
- Working on your own terms is liberating
- Business in Helping Other People support you to achieve your dreams & desires
- Business in Helping Other People is important part of financial freedom

- You can become an entrepreneur and work on your own terms
- Business in Helping Other People is the highest level in Helping Other People
- You can choose when you want to work
- Flexible to live your life purpose & spiritual calling
- Able to reach your full potential as a human being
- You can help millions & billions of people worldwide
- There is no limit to how much of a difference you want to make in Helping Other People
- Business in Helping Other People helps to build a legacy
- You can become a true leader when you're an entrepreneur
- You have ownership of your business entity & equity
- You can empower others from your example of going for your dreams & desires

- Helping Other People will become your spiritual life vocation
- You can live your inspiration in Helping Other People
- You can build a true following for clients & customers for your business
- The freedom to make choices & decisions
- You can be your own boss
- Freedom to create what you want to see in the world & society
- Unlimited potential
- You can gain massive amount of Wealth
- Build an Empire & Business you love
- Live your passion every day running your own business

Cons in Level 3 - Business

- Lots of responsibilities
- Lots of Hard-working hours
- You need to do your own taxes in your business

- Your responsible for success & failure of business
- Hard to find clients & customers
- Less social life
- Hard to scale & grow business
- Top business failure statistics
 - 18.4% fail within the first year.
 - 49.7% fail within the first 5 years.
 - 65.6% fail within the first 10 years.
 - Only 25% make it beyond 15 years
- Most business fail to become massive businesses.
- It very hard to build an empire & business.
- You need to hire staff & employee for business
- Cost lots of finances to operate
- You may not like your business you create

- Sleepless Nights
- Clients & Customers may' not like your products & services
- Hard to market & promote business
- Attracting new clients & customer is difficult
- Lots of overheads and expenditure
- Take a long time to become an expert in you choose field
- You need to be a good leader
- You need to follow your intuitions about choices & decisions
- Personal Life & Spiritual Life may be effect from long hours of work
- Maintaining and running business can become stressful
- You can get burned out very quickly
- You don't get paid if you don't work
- There no Annual Leave in running a Business
- No Financial support from organization or employers

- You have to learn how to work on your own terms
- Hard to find balance in schedule
- Less breaks and more work
- Less Holiday and more hard work

Summary of doing Level 3 - Business in Helping Other People

- Level 3 Business is the Highest Level of Helping Other People
- To help millions & billions of people you need to become an entrepreneur
- Entrepreneurship & Business Ownership is not for everyone
- Entrepreneurship is the way to true spiritual freedom
- Entrepreneurship is the way to Financial Freedom
- Don't do a Business for just money but for the impact – difference – contribution you will make to helping other people
- Business is a Spiritual Life Vocation

- Everyone must desire & dream of owning a business that Help Other People
- You cannot reach your full potential unless you become an Entrepreneur & Business Owner
- Freedom is everything in Entrepreneur
- Discovering your talents, gifts, skills will become from working in Business & Entrepreneur
- The world is a mess up place and building a business in Helping Other People will not be easy to do
- Choose to Help Other People and your business will grow
- There is no limit to how many people you can help & support in Business & Entrepreneur
- Remember that most business fail in the first year so only get into business if your passion about it
- Passion is the heart of Business & Entrepreneur

- Working on your own terms is very rewarding & fulfilling
- Helping Other People will take all your energy & passion

What You Can Learn from Level 3 - Business in Helping Other People

- Business in Helping Other People is Everything
- Level 3 Business in Helping Other People is the Highest Level of Helping Other People
- Business is a Spiritual Life Vocation
- Finance & Money is important but your impact & difference in Others is more important
- Don't work for money
- Don't work for materialistic
- Passion in Helping Other People brings energy
- You can only reach your full potential when your Entrepreneurial
- Working for yourself is a privilege

- Freedom & Potential is in Entrepreneurship
- God & Jesus Christ want you to become an entrepreneur
- Business helps you to live your purpose everyday
- You can create your future in Business in Helping Other People
- Hard work is not effort to run a successful business
- Work ethic and persistence is key to helping other people in Business
- Build your resilience & emotional intelligence
- Helping Other People is Life Work
- Business & Spirituality connect together in Helping Other People

Level 4 - Spiritual/Faith (Spiritual Level in Helping Other People)

The Importance of Helping Other People
– Level 4 – Faith/Spirituality

Level 4 – Faith/Spirituality is the
(Spiritual Level in Helping Other People).

The 4 Level of Faith & Spirituality is the most important level of Helping other people because you're working from Jesus Christ & God in helping other people and giving back. Level 4 – Faith/Spirituality is a very difficult level to reach because it takes lots of sacrifice and persistence to help other people within your faith & spirituality.

I believe that you don't need to be religious to help other people in Level 4 – Faith/Spirituality but your desire to work for Jesus Christ & God must be the most important thing in your life. It is important to realize that spirituality is very important in Helping Other People & Giving Back.

Faith & Spirituality is the essence of life and when someone decided they want to helping other people in Level 4 they are chosen to work on a Spiritual Life Vocation which is connected to Jesus Christ & God. Level 4 – Faith/Spirituality would not be an easy level to reach in Helping Other People because it is a very spiritual level in Helping Other People.

Religion has helped people to discover Level 4 – Faith/Spirituality but the truth is the individual and human being must have a desire to want to serve Jesus Christ & God. In different faith & religions people believe in different Gods & Spiritual Authority but I believe that Jesus Christ & God is the true essence of life, and you must understand the important of Spirituality.

Level 4 – Faith/Spirituality is very important work in Helping Other People, and you will become a Spiritual Leaders and Spiritual Authority within your chosen faith & spirituality.

Humanity – Animals – Universe needs more people who are faithful & spiritual so that this level can be achieve. The 4 Level in Helping Other People is for a chosen few people who have understood their special gifts, talents in Faith & Spirituality. Some people that are truly spiritual don't believe in religions, dogma, ritual, doctrine of religious texts but they do believe in God.

I believe if you're a very faithful & spiritual person you would want to work

for God in Level 4 – Faith/Spirituality because you want to make a massive difference in people lives and help people find they faith & spirituality this would be a very inspiration thing to discover in life.

The reason why Level 4 – Faith/Spirituality is very important is that you're doing the work for God and your life become a true source of light of motivation, faith, spirituality. In the world & society today, many people don't believe in God or Jesus Christ because of their lack of faith & spirituality. If you're someone that can achieve the Level 4 of Faith/Spirituality in helping other people, then you need to SPIRITUAL CHANGE your whole life to God and only work in ways that show your faith & spirituality.

The Spiritual Change is not something that is easy to find and discover in life because for some individual this can cost them much pain and suffering before they can ever begin to understand the importance of Jesus Christ & God. Please believe me readers

if you want to achieve Level 4 in helping other people you must pay a costly price which is very hard to deal with which I have said pain & suffering.

I believe Faith & Spirituality go together and once you discover your faith; God will help you to discover your spiritual calling. This is massive important in helping other people and giving back because if you don't find your spiritual calling and spiritual life purpose in helping other people you may never ever discover the truth of your life on earth and what your destined to do.

Level 4 - Faith/Spirituality in Helping Other People will cost you something important to do you. Most people that have reach this level of Helping Other People have gone through serious life challenges and massive adversity. I am not saying this to scare the readers but I want you to know working for God is not easy but it is very important.

Level 4 - Faith/Spirituality is very important in life, but I want you to understand readers that helping other people will cost you something. This is

what I call a Price you must pay to help other people and give back.

Level 4 – Faith/Spirituality in Helping Other People is your spiritual contributions and life work in this reality and world we live in, but you need to have a love for God because this will build your desire. Loving God and doing the right things in your spiritual calling can transform your life very spiritually but most people are unable to achieve this because they have not changed (Spiritually) in Helping Other People which is a massive problem in world & society today.

I am not saying readers that just because you Spiritual Change in helping other people then your life will completely get better no it doesn't work like this because there is work involved in helping other people & giving back.

Faith/Spirituality is not something that I write in this book to surprise the readers but if you truly desire the work of Helping Other People then I would recommend that you change Spiritually

and make the most massive difference you can make in people lives.

If you have been reading this book about 4 levels of Helping Other People, you will realize each level of helping other people means you need to grow into a spiritual person and go through the process because it so important. Each level of helping other people means a different approach to the work you do for others and change your perspective of the world, society, and others.

I believe if you work in Level 4 – Faith/Spirituality in Helping Other People you will discover the secret of NO SELF & SELFLESSNESS.

Level 4 – Faith/Spirituality in Helping Other People means you are not focus on yourself but on God and his spiritual work and spiritual calling for your life. This is very hard to discover because most people always think about themselves which is very hard to change that mentality and behaviour.

It is important to realize that Level 4 – Faith/Spirituality is about working for the lord and doing things in your life that honour God presence in your life.

This is a spiritual life vocation which will give you're a life of faith & spirituality. I want the readers to realize that working for God is everything in life because you're living your spiritual life purpose and spiritual calling. In life we are all met to do work which honours the lord we serve and helping other people on Level 4 is your divine work which your called to completed before you pass away.

Each Individual and human being must find their life work and do it to the best of their ability. I believe many people don't reach this level of helping other people because they don't have the awareness of God and who they are as Human Being.

What can help you to really understand the importance of Level 4 – Faith/Spirituality in Helping Other People is spending time in Nature, Prayer, Meditation, Mindfulness. To understand

yourself and what God want you to do
you need to look within your (Inner Self)
and discover your hidden talents, gifts.

Each person that does Level 4 –
Faith/Spirituality has a good understand
of who they are as a person and what
work they should do for God.

Spirituality Path is not the easy path in
life to follow but this path brings you to
truth and God.

Level 4 – Faith/Spirituality is part of your
divine life Purpose, and we must all
discover the work we need to do for
God.

Please remember that you are alive for
a reason please find your divine spiritual
life purpose & spiritual calling.

Different Ways of How You can Level 4 –
Faith/Spirituality

There are many different ways of How
you can do Level 4 – Faith/Spirituality in
Helping Other People but you must
understand readers that you need a
Love & Desire to work for God. I am

going to write some of the ways you can help other people in Level 4.

- Ministries Work
- Buddhist Work
- Taoism Work
- Muslims Work
- Hindu Work
- Sikhism Work
- Judaism Work
- Christian Work
- Bible Studies
- Teaching
- Evangelism
- Activism
- Discipleship
- Music
- Preaching
- Ministering
- Healing
- Pastoring

- Sermons
- Prayer
- Meditation
- Mindfulness
- Group Work
- School Work
- Education
- Faith Work
- Spirituality Work
- Spiritual Speaking
- Public Speaking
- No Self Teaching
- Spiritual Teaching
- Foundations
- Religions Charities
- Working in Church
- Working in Centre
- Working in Mosque
- Working in Template
- Working in Nature

- Working in Centres
- Writing Books
- Authoring
- Singing
- Chanting
- Worship
- Manta
- Lecturers
- Group Discussions
- Ministrations
- Audio
- Presentations
- Videos
- eBooks
- Workshops
- Conferences

These are some of the different ways of help other people in Level 4 – Faith/Spirituality. Remember that doing the work for the lord will be the most

spiritual work you ever do and the most rewarding towards helping other people.

Pros of Level 4 - Faith/Spirituality

- Your Faith & Spirituality is the most important thing in your life
- You connect to God when you help other people in faith & spirituality
- You will discover the NO SELF & Selflessness when Helping Other People in Faith
- Focusing on your Spiritual Contributions is life -changing work in helping other people
- Your faith & spirituality will grow when you help other people in your faith
- You connect to the heart of Humanity when faith & spirituality comes together
- You understand that you can help people from suffering, pain, fears
- God will be with you in the work you do in helping other people
- Faith & spirituality will help you to learn more about yourself

- You will be living your life purpose & divine spiritual calling
- Believe in God will help you to understand God work
- Helping Other People will transform your life
- Helping Other People will bring you compassionate & empathy
- Spiritually you will be guided to help other people
- You don't think about yourself but Others
- You can do any work in a Spiritual Way which help other people
- God will reward you for your efforts & faith
- You will discover your spiritual life vocation
- You become Spiritual person when you help other people in Faith & Spirituality
- The Truth will set you free
- Faith & Spirituality changes you Spiritually

- Helping Other People become your life
- Choosing to Help Other People in Faith/Spirituality is Freedom in Life
- You would never ever need money to do the work you do because your serving & giving towards others
- Working for God has Spiritual Rewards which are Eternal Awards
- You will be honour from God of the Spiritual Person you were to helping other people
- No Money – No Human – No Individual – Will give you faith you must discover it for yourself

Cons of Level 4 - Faith/Spirituality

- You will need to change Spiritually to do God Work
- Suffering & Pain will happen in your life which you cannot predict
- You will need to live a Spiritual Life which can become very difficult
- People will not be able to understand your Spiritual Contributions

- You can Never Ever Pursue money or materialistic riches, That not the path of God
- Helping Other People is emotional work and sometimes can be draining
- Converting people to your faith & spiritual belief is extremely difficult
- You cannot follow others people but follow your own truth path
- You may need to distance yourself from friends & family
- You may need to lose before you gain
- Suffering can become challenging if you don't have cope strategies to deal with your suffering
- You learn that not everyone will be able to change (Spiritually)
- It is difficult to understand yourself completely as a human being
- Working for God has nothing to do with Money or Financial Riches
- It takes a lot of sacrifice, struggle, pain, hurt to ever do the work for Jesus Christ & God

- If you're not prepared to suffer and go through hardships you will be unable to do the work for Jesus Christ & God
- You will understand that people are not prepared to suffer anything for God at all
- Distressed can become hard when you helping other people in faith & spirituality
- If you don't live your life purpose and spiritual calling, then you will have massive regrets and serious emotional difficulties
- You will understand that not everyone gets the opportunity to help other people in faith/spirituality
- It difficult to say No to things you enjoy to do but that part of Level 4 – Faith/Spirituality in Helping Other People
- You will see many people make costly mistakes and going through deep suffering and pain
- You will learn that you cannot change people who don't want to change (Important Learning)

- Any work for Jesus Christ & God come at a costly price which you will not want to pay
- If you don't become a leader then you will be a Follower which is not the path of Truth – Faith – Spirituality
- Because of your Faith & Spirituality you will have people who hate you and reject you which is very painful but part of 4 Level – Faith/Spirituality in Helping Other People
- You may have to change your whole life around before you can enter Truth – Faith – Spirituality
- You cannot smoke, drink alcohol, take drugs if you want to gain the Faith & Spirituality of 4 Level in Helping Other People this will destroy you.
- You need to be around like-minded people who are doing a similar thing to you and forgot people who don't help other people
- All 4 Levels in helping other people must be done to achieve your density in Helping Other People

- You would need to spend time Prayer, Meditation, Mindfulness, Studying, Learning, observing to find your own truth with Jesus Christ & God in your Faith & Spirituality which cannot be done by another else but you
- If you don't change your work and change your life you don't get the rewards from God
- God is not human being but spiritual so you must understand spirituality before you understand God
- The world will be more in a Crisis and destruction if YOU don't help other people & give back
- Each individual & human being must go through a Spiritual Change before they can help other people
- It may cost your changing your life to Jesus Christ & God before you can work
- No human being lives forever we all pass away and turn into nothing so it better to understand that Spiritual Change in your life start from NOW and Today (Not Tomorrow or In the Future)

- Live your Spiritual Life Purpose & Spiritual Calling Now (Today) don't want for Tomorrow because you will not get the opportunity to help other people
- You if don't find your faith in this life then you will never, please God and never make God happy
- Jesus Christ & God want us all to contribute in some way to others but we all must find the truth of this for ourselves which someone else cannot tell you or gave to you
- Helping Other People is not for only chosen people but you will learn it for everyone (Humanity)
- Most people are struggling to achieve their dreams and desires in life and what they really want in their life because they are not aligned in Faith/Spirituality in helping other people
- No Spiritual Change means No Hope for Humanity
- Change become the most important thing to learn but many people don't

choose to change into the work of helping other people

- If you don't choose to help other people and give back then you're going on the life path of destruction and misery please believe me readers you must Spiritual Change

- Your life will never change unless you Spiritual Contribute to others and make a massive difference

- Losing is Inevitable

- Pain Is Inevitable

- Suffering Is Inevitable

- Without learning you will not discover Level 4 – Faith/Spirituality in Helping Other People

- If you're a Follower then you will not be helping other people with life because you don't know how to help other people

- To Suffer is hard but to not help other people is eternal suffering

Summary of doing Level 4 **Faith/Spirituality in Helping Other** **People**

- Focus your whole life on working for Jesus Christ & God
- Working for the Lord is Honourable
- Don't pursue money or materialistic riches under any circumstances
- Choose to Help Other People Today
- 4 Level of Helping Other People must be done to reach your density
- Faith/Spirituality is the secrets of living which cannot but told by another else but yourself
- Prayer, Meditation, Mindfulness learning with empower you to help other people
- Until you Spiritual Change you cannot reach Level 4 – Faith/Spirituality
- 4 Level in Helping Other People – Faith/Spirituality is Spiritual
- God will reward anyone that Help other people in Eternity which is rare to discuss

- Faith/Spirituality is where your true spiritual life work beginning
- School & Education will not teach you Level 4 – Faith/Spirituality in Helping Other People. No. It something you must discover as a Human Being
- Spiritual Contributions is where all of the rewards in God, Jesus Christ, helping other people are found
- When your spiritual you become different
- Leaders are created by God and Followers don't understand God
- You cannot reach your density unless you Spiritual Change & Help other people
- Life is Precious so make your Spiritual Contributions today and focus on helping other people
- Find your faith in life and find your spiritual life purpose and spiritual calling
- The world will not change unless YOU change

What You Can Learn from Level 4 - Faith/Spirituality in Helping Other People

- God & Jesus Christ is the most important thing
- Helping Other People in 4 Level - Faith/Spirituality is Spiritual Life Vocation
- No Self & Selflessness in Helping Other People
- 4 Level - Faith/Spirituality is for Everyone who desire & love God
- You must Spiritual Change before you can help other people in 4 Level in Helping Other People
- Leaders will be created from God - Follower don't understand God
- Spiritual Choice & Decisions can transform your entire life by just desiring to Help Other People
- You will never ever pursue money or materialistic riches when you help other people in 4 Level - Faith/Spirituality

•The Past is Gone – The Present Is Now –
The Future Is Unpredicted – Spiritual
Change Today & Help other people
today.

•Spiritually Going All Out!!! For Jesus
Christ & God should be everyone desire

•4 Level in Helping Other People come
at a price. It will cost you something to
do it

•4 Level – Faith/Spirituality has Eternal
Rewards for Jesus Christ God

•God awards the Spiritual Person who
Helping Other People in 4 Level in
Eternity

•Faith/Spirituality is found on Earth by
Human Being which want to Spiritual
Change

•Heaven is a Spiritual Selfless
Transformation of No Self, Selflessness
in Helping Other People

•Your Suffering can end today if you
decided to Help Other People

•Living your Spiritual Life Purpose will
not be easy to do but if your desire who

you want to be then you will go all out for God & Jesus Christ

- God always want you to contribute and help other people in someway
- Live Spiritual – Spiritual Change – Spiritual Revolution – Billions of people live will be helped
- You can only change you first before you can ever thing about change another person
- 4 Levels of Helping Other People is a Spiritual Life Journey
- Spiritually your called to Help Other People and make a difference
- Focus on your difference – Spiritual Contributions – Helping Other People
- God is the Spiritual that will award you not human being
- Spiritual Life Work is a Privilege to discover
- 4 Levels in Helping Other People (4 Levels – Faith/Spirituality Is Everything)

Level 5 – Spiritually Helping Other People Who Helping Other People

(Teaching Level in Helping Other People)

The Importance of Level 5 – Spiritually Helping Other People Who Helping Other People (Teaching Level in Helping Other People)

Level 5 – Spiritually Helping Other People Who Helping Other People (Teaching Level in Helping Other People). The 5 Level of Helping Other People and Giving Back become the most important Level for Jesus Christ – Jehovah – Buddha. Spiritually Helping Other People Who Helping Other People become the Spiritual Inspiration and Spiritual Difference to Hundreds, Thousands, Millions, Billons of people. I want you to understand that becoming the 5 Level of Helping Other People is where the Spiritual Difference is within Humanity – Animals – Universe. Spiritually Helping Other People Who Helping Other People is about Teaching people who help other people new Spiritual Teachings and Spiritual Education. This is something very rare

to find within world & society because most people don't understand the important of 5 Levels of Helping Other People. I want you to understand now if you want to Spiritually live your Spiritual Legacy Now within daily live then 5 Level of Helping Other People must be the inspiration and motivation within faith & spirituality. Teaching is the key to Spiritual Change and 5 Levels of Helping Other People because all human beings are going through spiritual life problems and spiritual challenges which need someone to Spiritually Guide and Spiritual help human with. Spiritually Helping Other People is the way to become No Self & Selflessness because Spiritual Change involved helping Humanity - Animals - Universe in any way that Jesus Christ - Jehovah - Buddha want us to do. Faith & Spirituality is Spiritual and learning the 5 Levels of Helping Other People is the way to Spiritual Timeless Eternal Truth. Always remember that all Human Beings are going through Spiritual Life Problems and Spiritual Life Challenges and Spiritual Teachings is the way to

help Humanity – Animals – Universe
learns more about Love, Empathy,
Compassion.

Spiritually Helping Other People Who
Helping Other People is about Spiritual
Teachings Faith & Spirituality and
Spiritual Journey you have been through
in all of the 5 Levels of Helping Other
People. Because the work of Spiritually
Helping Other People is a Spiritual
Journey of Spiritual Contributions in
Helping Other People.

To do the work of Spiritually Helping
Other People Who Helping Other People
is go through the process of 5 Levels of
Helping Other People. Helping Other
People is Spiritual Life Vocation and You
learn more about Faith & Spirituality
when you teach what you know about
Helping Other People & Giving Back.

Different Ways of How You can Level 5 –
Spiritually Helping Other People Who
Helping Other People

- Spiritually Helping Other People Who Helping Other People in Jobs, Careers, Employments

- Spiritually Helping Other People Who Helping Other People in Volunteering

- Spiritually Helping Other People Who Helping Other People in Business

- Spiritually Helping Other People Who Helping Other People in Faith & Spirituality

- Spiritual Helping Other People Who Helping Other People in Community

- Spiritual Helping Other People Who Helping Other People in Schools

- Spiritually Helping Other People Who Helping Other People in Prisons

- Spiritually Helping Other People Who Helping Other People in University

- Spiritually Helping Other People Who Helping Other People in College

- Spiritually Helping Other People Who Helping Other People in Workshops

- Spiritually Helping Other People Who Helping Other People in Conferences

- Spiritually Helping Other People Who Helping Other People in Stages
- Spiritually Helping Other People Who Helping Other People in Talks & Speeches
- Spiritually Helping Other People Who Helping Other People in Sermons
- Spiritually Helping Other People Who Helping Other People in Church
- Spiritually Helping Other People Who Helping Other People in Centres
- Spiritually Helping Other People Who Helping Other People in Mosques
- Spiritually Helping Other People Who Helping Other People in Temple
- Spiritually Helping Other People Who Helping Other People in Synagogue
- Spiritually Helping Other People Who Helping Other People in social media
- Spiritually Helping Other People Who Helping Other People in Videos
- Spiritually Helping Other People Who Helping Other People in Podcast

- Spiritually Helping Other People Who Helping Other People in Presentation
- Spiritually Helping Other People Who Helping Other People in Audio
- Spiritually Helping Other People Who Helping Other People in Books
- Spiritually Helping Other People Who Helping Other People in eBooks
- Spiritually Helping Other People Who Helping Other People in Seminars
- Spiritually Helping Other People Who Helping Other People in Webinars

Pros of Level 5 - Spiritually Helping Other People Who Helping Other People

- Spiritually Helping Other People Who Helping Other People is how you help Hundreds, Thousands, Millions, Billions of people
- Spiritually Helping Other People Who Helping Other People is the Spiritual Difference

- Spiritually Helping Other People Who Helping Other People is Faith & Spirituality

- Spiritually Helping Other People Who Helping Other People is Living Your Spiritual Legacy Now

- Spiritually Helping Other People Who Helping Other People is Spiritual Teachings

- Spiritually Helping Other People Who Helping Other People is Spiritual Contributions

- Spiritually Helping Other People Who Helping Other People is your Spiritual Connection to Jesus Christ – Jehovah – Buddha

- Spiritually Helping Other People Who Helping Other People is Spiritual Learning & Spiritual Education

- Spiritually Helping Other People Who Helping Other People is Helping Other People & Giving Back

- Spiritually Helping Other People Who Helping Other People is Spiritual Inspiration

- Spiritually Helping Other People Who Helping Other People helps you to become No Self & Selflessness
- Spiritually Helping Other People Who Helping Other People is Spiritual Change
- Spiritually Helping Other People Who Helping Other People is Spiritual Leadership
- Spiritually Helping Other People Who Helping Other People is Important in Faith & Spirituality
- Spiritually Helping Other People Who Helping Other People is Spiritual Change of Living & Being

Cons of Level 5 - Spiritually Helping Other People Who Helping Other People

- You cannot make your Spiritual Difference without Spiritual Teachings
- Spiritually Helping Other People Who Helping Other People means you pay a price
- Spiritually Helping Other People Who Helping Other People is very difficult to gain

- Spiritually Helping Other People Who Helping Other People make you alone
- Spiritually Helping Other People Who Helping Other People is Spiritually Challenging
- Spiritually Helping Other People Who Helping Other People take time & energy
- Spiritually Helping Other People Who Helping Other People is hard work
- Spiritually Helping Other People Who Helping Other People is not easy to do
- Spiritually Helping Other People Who Helping Other People you will make Sacrifices
- Spiritually Helping Other People Who Helping Other People you will Lose something
- Spiritually Helping Other People Who Helping Other People can become draining

Summary of doing Level 5
Spiritually Helping Other People
Who Helping Other People

- Spiritually Helping Other People Who Helping Other People is Spiritual Life Changing
- Spiritually Helping Other People Who Helping Other People is Spiritual Change
- Spiritually Helping Other People Who Helping Other People is Spiritual Teachings
- Spiritual Helping Other People Who Helping Other People is Spiritual Process
- Spiritually Helping Other People Who Helping Other People is No Self & Selflessness
- Spiritually Helping Other People Who Helping Other People is Spiritual Teachings
- Spiritually Helping Other People Who Helping Other People Is Important to Jesus Christ – Jehovah – Buddha
- Spiritually Helping Other People Who Helping Other People is Spiritual Difference
- Spiritually Helping Other People Who Helping Other People is Spiritual Contributions

- Spiritually Helping Other People Who Helping Other People is connection with Jesus Christ – Jehovah – Buddha
- Spiritually Helping Other People Who Helping Other People is Spiritual Education
- Jesus Christ – Jehovah – Buddha wants us to Spiritual Contribute

What You Can Learn from Level 5 **Spiritually Helping Other People** **Who Helping Other People**

- Jesus Christ – Jehovah – Buddha want us to Spiritual Contribute and do Spiritual Teachings
- Spiritually Helping Other People Who Helping Other People is Spiritual Change
- Spiritual Change is the Future of Humanity – Animals – Universe
- Spiritually Helping Other People Who Helping Other People is Spiritual Difference
- Spiritually Helping Other People Who Helping Other People is Spiritual Teaching

- Spiritually Helping Other People Who Helping Other People is Important to Jesus Christ – Jehovah – Buddha
- Spiritually Helping Other People Who Helping Other People is important in connection with Jesus Christ – Jehovah – Buddha
- Spiritually Helping Other People Who Helping Other People is Spiritual Education
- The Spiritual Legacy Now
- Spiritually Helping Other People Who Helping Other People is The Spiritual Process
- Spiritually Helping Other People Who Helping Other People is No Self & Selflessness

Summary of Spiritually Helping Other People

1. Spiritually Helping Other People is for Jesus Christ – Jehovah – Buddha
2. Spiritually Helping Other People is The Spiritual Legacy Now

3.Spiritually Helping Other People is
Spiritual Life Journey

4.5 Levels of Helping Other People is
Spiritually Helping Other People

5.5 Levels of Helping Other People is a
Spiritual Process

6.Spiritually Helping Other People is
very important

7.Spiritually Helping Other People is
Spiritual Life Purpose & Spiritual Calling

8.Spiritually Helping Other People is
Spiritual Life Vocation

9.Spiritually Helping Other People is
Faith & Spirituality

10.You can only make your Spiritual
Difference through Spiritually Helping
Other People

11.Spiritual Change is the Future

12.Spiritually Helping Other People
helps you to become No Self &
Selflessness

13.Spiritually Helping Other People
helps you to discover Meaning in Life

14.Spiritually Helping Other People is
Spiritual Difference

15.Spiritually Helping Other People is
how you discover Spiritual Truth

16.Spiritually Helping Other People is
Everything to Jesus Christ – Jehovah –
Buddha

17.Spiritually Helping Other People is
Spiritual Change

18.No Self & Selflessness is the core of
Spiritually Helping Other People

19.All 5 Levels of Helping Other People
need to be done within one life

20.Spiritually Helping Other People is
how you discover Know Thyself

21.Spiritually Helping Other People is
Spiritual Love, Compassion, Empathy
towards others

22.Spiritually Helping Other People
makes you humble

23.Spiritually Helping Other People
make you kind

24.Spiritually Helping Other People is
Spiritual

25.Spiritually Helping Other People is
Spiritual Nature

26.Spiritually Helping Other People is
Spiritual Contributions toward others

27.Spiritually Helping Other People is
Sacred

28.Spiritually Helping Other People is
how you overcome The Self to No Self

29.Jesus Christ – Jehovah – Buddha want
you to Spiritually Contribute

Please remember readers, spiritual
leaders, spiritual seekers, spiritual
creators that we all need to Spiritually
Helping Other People to honour Jesus
Christ – Jehovah – Buddha. It is
important to realise that Jesus Christ –
Jehovah – Buddha want us to Spiritually
Contribute.

Spiritually Helping Other People –
Spiritual Contributions – 5 Levels of
Helping Other People

Chapter 9 - Jesus Christ - Jehovah - Buddha want you to become Spiritually Free & Spiritually Liberated

In this chapter we are going to be talking about Jesus Christ – Jehovah – Buddha want you to become Spiritually Free & Spiritual Liberated.

Right now, within the world & society millions of people are going through Suffering – Pain – Adversities due to past trauma and negative life experiences. Millions of people are not being able to Overcome Suffering – Pain – Adversities which is causing them to Overthinking – Ruminating – Negative Thinking.

Right now, millions of people are going through low mood, depression, anxiety which is affect humanity mental health & wellbeing for millions of people.

Jesus Christ – Jehovah – Buddha want us all to become Spiritually Free and discover Spiritual Liberation from Suffering – Pain – Adversities.

Jesus Christ – Jehovah Buddha want us all to go through Spiritual Change and become Spiritually Awakened.

The question we need to ask ourselves if how do we become Spiritually Free and Spiritual Liberated?

There is only one way of Overcoming Overthinking – Ruminating – Negative Thinking which is to go through ***Spiritual Change & Spiritual Awakening.***

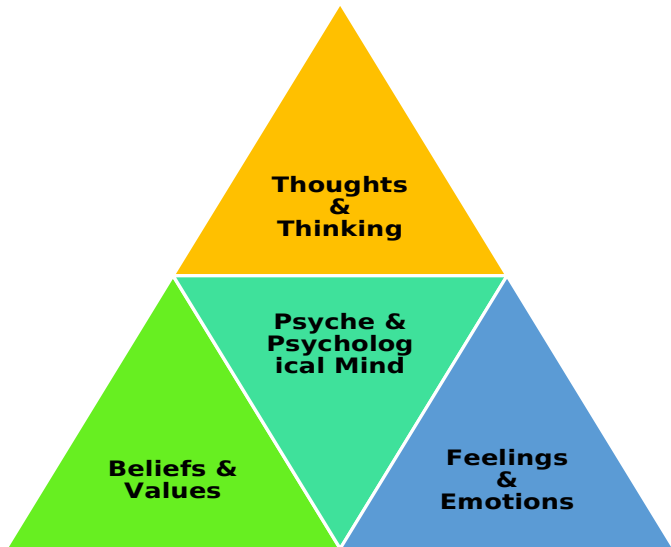
Spiritual Change is the Spiritual change of the Psyche and Psychological Mind which is very important.

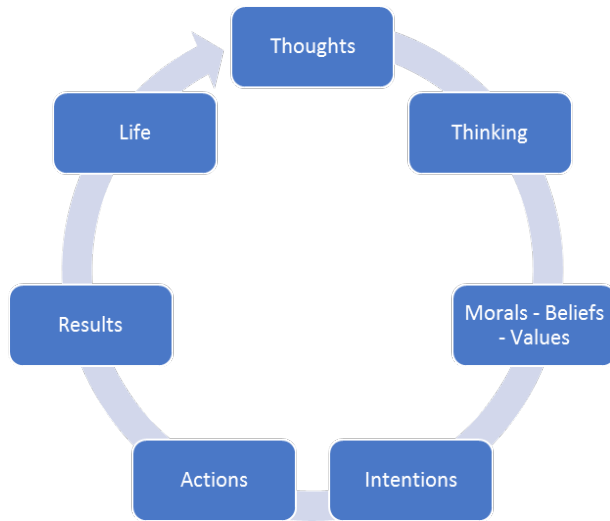
Your thoughts & thinking comes from the Psychological Mind which then get generated into feelings & emotions. How you think is how you feel within yourself.

Your thoughts & thinking come from internal and external things which give you a perception of the world & society.

This is important to realise in life because if you don't change the Psyche

& Psychological Mind you will always live
in Suffering – Pain – Adversities.





The Process of Spiritual Change



I want you to understand readers that Jesus Christ – Jehovah – Buddha want you to discover No Self & Selflessness.

No Self & Selflessness is Spiritual Change which will change your Psyche & Psychological Mind.

When you go through Spiritual Change this will change your Thoughts & Thinking which will give your Love & Peace.

When you discover Love & Peace you will discover Spiritual Energy. Who you

are is Spiritual Energy which has no Limits or Barriers to it.

Spiritual Energy makes you Spiritually Free and Spiritual Liberated.

When you discover No Self & Selflessness you discover Spiritual Love of Jesus Christ – Jehovah – Buddha and this will mean that you go through a process of Spiritual Change.

Spiritual Change will Spiritually Transform your life from The Self to No Self

Spiritual Freedom & Spiritual Liberation is your Natural Birth right which all Human Being can discover within their life.

You are not your Thoughts and Thinking what you truly are is Spiritual Energy and Spiritual Love.

Once you discover No Self & Selflessness there is No More Self – Know Thyself which is Spiritual and Faithful.

Jesus Christ – Jehovah – Buddha want you to find Spiritual Freedom and

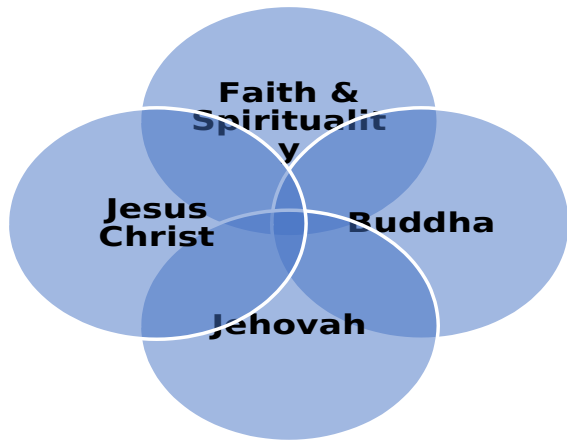
Spiritual Liberation but you must go through Spiritual Change.

The Process of Spiritual Change in Psyche & Psychological Mind



The Process of Spiritual Change in Psyche & Psychological Mind

- **Spiritual Change**
- **No Self & Selflessness**
- **Spiritual Thoughts**
- **Spiritual Thinking**
- **Spiritual Beliefs & Values**
- **Spiritual Feelings & Emotions**
- **Spiritual Intentions**
- **Spiritual Actions**
- **Spiritual Life**



Please remember readers that Jesus Christ - Jehovah - Buddha want you to discover No Self & Selflessness which is a Spiritual Change within the Psyche & Psychological Mind.

Spiritual Change is the way you Overcome Overthinking - Runinating - Negative Thinking

The Importance of why Jesus Christ - Jehovah - Buddha wants you to become Spiritual Freedom & Spiritual Liberation

- Jesus Christ - Jehovah - Buddha want you to go through Spiritual Change to discover No Self & Selflessness
- Jesus Christ - Jehovah - Buddha want you to discover Spiritual Freedom & Spiritual Liberation to Overcome Overthinking - Runinating - Negative Thinking
- Jesus Christ - Jehovah - Buddha want you to Overcome Suffering - Pain - Adverstities
- The only way to connect to Jesus Christ - Jehovah - Buddha is going through Spiritual Change with Psyche & Psychological Mind
- Faith & Spirituality is the own way to Overcome Suffering - Pain - Adversties
- Spiritual Change is the only way to Spiritual Freedom and Spiritual Liberation

- Spiritual Change is the only way to Spiritual Enlightenment which give you Spiritual Freedom & Spiritual Libration
- Until you Spiritual Change, Your Thoughts & Thinking will not Spiritually Change
- Spiritually Change your Thinking, Spiritually Change your Life
- Spiritual Change will help you to discover No Self & Selflessness
- Spiritual Change will help you discover Faith & Spirituality
- Jesus Christ – Jehovah – Buddha want you to Overcome Overthinking – Runminating – Negative Thinking
- Spiritual Freedom & Spiritual Liberation is your BirthRights
- You are not a Human Being but Spiritual Energy
- You are not your thoughts or thinking but Spiritual Energy

Chapter 10 - Spiritual Change is Spiritual Transformation of Psyche & Psychological Mind

In this chapter we are going to talk about Spiritual Change is Spiritual Transformation of Psyche & Psychological Mind.

It is important to learn and understand that Spiritual Change is the way you change your life from The Self to No Self. This is a Spiritual Change within the Psyche and Psychological Mind.

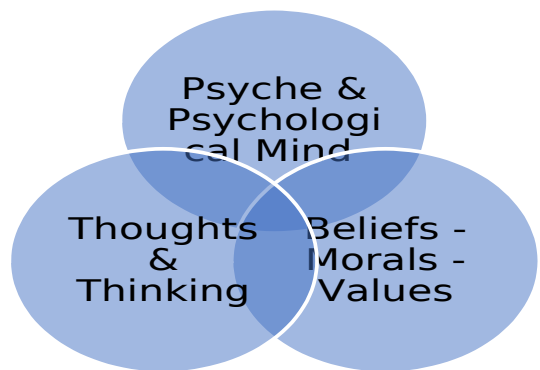
Spiritual Change become the most important thing to discover in life because this is the way you change your Psyche and Psychological Mind.

Without going through a Spiritual Change you wouldn't be able to Overcome Overthinking - Runinating - Negative Thinking which causes Suffering - Pain - Adverstivities.

Spiritual Change helps you to discover your Faith & Spirituality which will transform yourself from The Self to No Self.

Spiritual Change will change your Psyche & Psychological Mind which is very important in Spiritual Transformation and Spiritual Awakening.

If you want to understand what it means to be Spiritually Enlightened and understand the whole total life movement in space and time then you need to go through a Spiritual Change within the Psyche & Psychological Mind.



- **Psyche** - the human soul, mind, or spirit.
- **Psychological Mind** - refers to the capacity for self-reflection, insight into one's own and others' motivations, and the ability to understand the relationship

between thoughts, feelings, and behaviors.

- **Thoughts** - an idea or opinion produced by thinking, or occurring suddenly in the mind
- **Thinking** - the process of considering or reasoning about something
- **Beliefs** - an acceptance that something exists or is true, especially one without proof. trust, faith, or confidence in (someone or something)
- **Morals** - a lesson that can be derived from a story or experience. standards of behaviour; principles of right and wrong
- **Values** - the regard that something is held to deserve; the importance, worth, or usefulness of something

I want you to understand readers that if your Psyche & Psychological Mind changes from The Self to No Self this will mean Spiritual Freedom & Spiritual Liberation of Overthinking – Ruminating – Negative Thinking which means the Ending of Suffering – Pain – Adversities.

Ending of Suffering - Pain - Adversities comes from Spiritual Change within Psyche & Psychological Mind.

It is important to realise that Thoughts & Thinking cause Suffering - Pain - Adversities in Everyday life because your thoughts & thinking are cause you to have feelings and emotions about life which is then affect your behaviour, personality, behaviour, characteristics, mentality.

You cannot change something that you cannot see within yourself which is very important to realise.

Millions of people are going through Suffering - Pain - Adversities because they believe that there is The Self (I) (Me) (My) which is affect their life experiences in a positive or negative way.

In life there is No Self (No I) (No Me) (Know Thyself) which means there No More Self.

If you understand that Suffering - Pain - Adversities comes because of your thinking and thoughts then you can find

ways of changing the way you are thinking which affect the way you feel and emotions.

You are not your thoughts & thinking.
You are Spiritual Energy living in Human Form

Spiritual Energy has no limits, No Self, No Barriers, No Time, No Space because Spiritual Energy is Energy.

Spiritual Energy is the life source of all creations which Jesus Christ – Jehovah – Buddha has shown us but we need to discover it.

Once you understand there is No Self & Selflessness then you realise there no such thing as The Self because this has been a perception of your thoughts and thinking which is Not True because truly all there is – Spiritual Energy

Life is Spiritual Energy moving in Time & Space which means Spiritual Energy is the Source of all life.

You don't need to become someone or create something to have Spiritual Energy.

This Spiritual Energy is something that is already inside of you

Spiritual Change will help you to change your Psyche & Psychological Mind because if you don't change your Thoughts & Thinking this is what causes you Suffering – Pain – Adversities in Everyday life.

It is important to realise that you are not your thoughts or thinking

You are not your Overthinking – Ruminating – Negative Thinking

You're a Spiritual Being having a Human Experience

The Spiritual Being is Spiritual Energy

You cannot see Spiritual Energy because it is invisible all you can see is the effect of how Spiritual Energy affects your daily life

If your daily life doesn't Spiritually Change it means nothing in your life has changed

When you go through Spiritual Change there is No More Self – No Self & Selflessness which means Know Thyself.

I want you to understand readers that
you can End Suffering – Pain –
Adversities in Daily life once you
understand there No Self all of life
movement is Spiritual Energy moving.

Jesus Christ – Jehovah – Buddha is Spirit
which means if you understand that
Spiritual is Invisible you cannot see
where the Spirit is going or coming from
that how it is with Spiritual Energy.

You don't know what Spiritual Energy is
because of Overthinking – Ruminating –
Negative Thinking about Past trauma
and human conditioning which is affect
your past, present, future.

You don't need to become something or
create something to find Spiritual
Energy

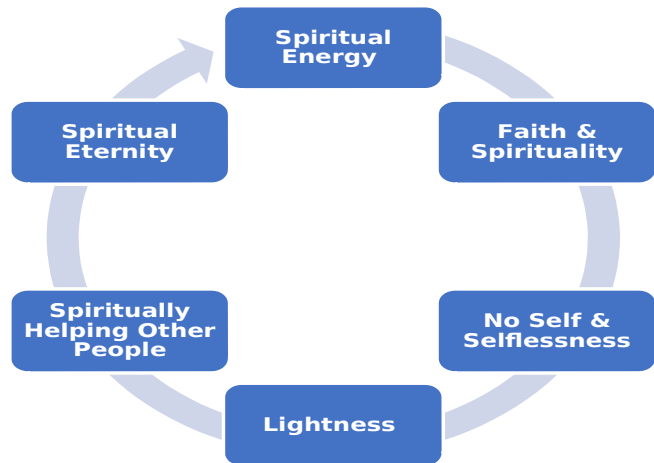
The Spiritual Energy is the light within
yourself which you discover through
Spiritual Change

Human Beings think they are Human
Beings with life experiences, problems,
suffering, pain, adversities.

But only when you see the Spiritual Energy of Faith & Spirituality you realise that what we call our life experiences is just Spiritual Energy moving which means truly you are Spiritual Energy not Life Experiences.

This will forever change you from The Self to No Self

No Self is Spiritual Energy Living



The Process of Spiritual Change in Psyche & Psychological Mind



The Process of Spiritual Change



Please remember readers **(Spiritually Change Your Thinking, Spiritually Change Your Life)**

If you Spiritual Change you're thinking you will Spiritually Change Your Life

The Importance of Spiritual Change of Psyche & Psychological Mind

- Spiritual Change with help to Spiritual Change your Psyche & Psychological Mind

- Spiritual Change is the Spiritual Transformation from The Self to No Self
- Spiritual Change is the Spiritual Freedom and Spiritual Liberation from The Self to No Self & Selflessness
- In Faith & Spirituality there is No Self which means No More Self (Know Thyself)
- You are not your thoughts & thinking
- You can end Suffering – Pain – Adversities in Daily Life once you understand there is No Self & Selflessness
- Spiritual Energy is the true-life source of creations
- Spiritual Change of Psyche & Psychological Mind is Spiritual Transformation of The Self to No Self
- Jesus Christ – Jehovah – Buddha want you to go through Spiritual Change
- You can Stop Overthinking – Ruminating – Negative Thinking

once you realise there is No Self & Selflessness

- Until you change your Psyche & Psychological Mind you cannot find Truth - Faith - Spirituality
- Faith & Spirituality comes from Spiritual Change
- No Self & Selflessness helps you to Overcome Suffering - Pain - Adversities
- You need to go through Spiritual Change to discover No Self & Selflessness
- Spiritual Change become the Most important thing in life
- Spiritually Change Your Thinking, Spiritually Change Your Life
- Spiritually Changing your Psyche & Psychological Mind will Spiritual Change your Life
- When your Psyche & Psychological Mind Spiritual Change you discover No Self & Selflessness (Know Thyself)

Chapter 11 - Spiritual Enlightenment - Ending of Overthinking - Ruminating - Negative Thinking

In this chapter we are going to talk about Spiritual Enlightenment – Ending of Overthinking – Ruminating – Negative Thinking.

Right now, within the world & society millions of people are going through depression, anxiety, anxious, despair due to past trauma and negative life experiences. People cannot find a way to overcome Overthinking – Ruminating – Negative Thinking within daily life which is cause Suffering – Pain – Adversities.

Millions of people are trying to seek for guidance to help them with Suffering – Pain – Adversities from Professional and Community Services. There is a high demand for people who have depression, anxiety, low moods to get professional help due to the potentially risk of Suicide.

The question we need to ask ourselves is how do we overcome Suffering - Pain - Adversities in daily life once and for all so we never have to live with Overthinking - Ruminating - Negative Thinking?

The answer to this very important question is ***“Spiritual Enlightenment”***

Spiritual Enlightenment Meaning - Spiritual enlightenment generally refers to a state of profound understanding and awakening to one's true nature and the nature of reality, often characterized by a shift in consciousness and a feeling of interconnectedness.

Spiritual Enlightenment is understanding of Yourself (No Self) (Know Thyself) which is very faithful and spiritual to learn.

Spiritual Enlightenment is a Spiritual Change of the Psyche and Psychological Mind.

Your thoughts and thinking comes from the mind which is your Psyche & Psychological Mind. If you go through a Spiritual Change your thinking patterns changes and your thoughts will change.

What is important about Spiritual Enlightenment is that you can End Suffering -

Pain – Adversities once you understand No Self & Selflessness.

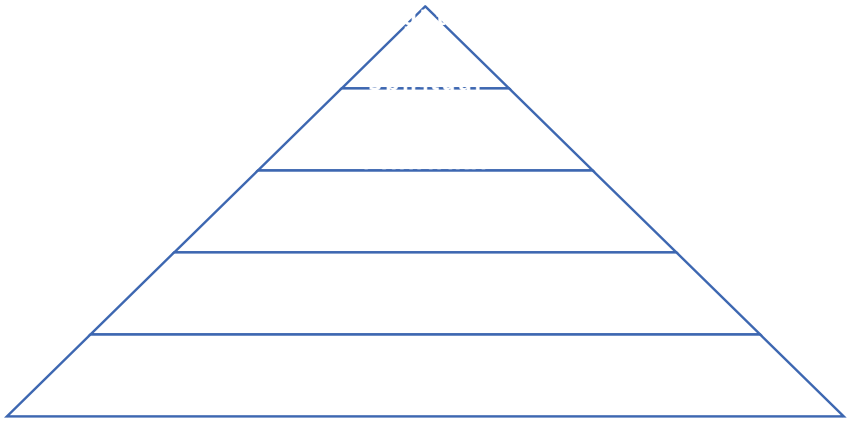
You are not your thoughts or thinking you are Spiritual Energy living in Human Form

Spiritual Change can happen when you go through 5 Spiritual Practices and by developing 5 Spiritual Practices you can become Spiritual Enlightened and Spiritual Awakened.

The Process of Spiritual Change



The Process of Spiritual Enlightenment



Spiritual Enlightenment means The Ending of The Self to No Self (Know Thyself). I want you to understand readers that you don't need to live your life with Suffering - Pain - Adversities for the rest of your life there is a way to free yourself from Suffering - Pain - Adversities forever once you understand that Spiritual Change will help you to become Spiritually Enlightened.

Spiritual Enlightenment doesn't mean that you wouldn't go through any Suffering - Pain - Adversities within your life because in human life this will always happen but what it does means is that you gone through a Spiritual Change of the Psyche & Psychological Mind which means you free yourself from ongoing Suffering - Pain - Adversities you have experience within past, present, future which

means the Ending of Overthinking –
Ruminating – Negative Thinking.

People are Overthinking – Ruminating –
Negative Thinking because they believe there
The Self which is all of memories, beliefs, past
trauma, human conditioning which is cause
people to go through Suffering – Pain –
Adversities.

People are creating their own Suffering – Pain –
Adversities because of their thoughts and
thinking

With Spiritual Enlightenment we understand
that the own true nature of life is No Self &
Selflessness. When you look through your eyes
which is connected to your mind and brain you
see that you can never see yourself fully as a
human being because the Mind & Spirit is
invisible which cannot be seen.

As Human Beings thoughts & thinking is
invisible you can never see a thought or
thinking in visible contexted because it is all
something that the mind creates within an
invisible field in consciousness

Spiritual Enlightenment helps you to realise
that truly we are all consciousness a Spiritual
Energy living in Human Form.

We live in a Human Body to connect with life in
internal and external world but this is not the
truth reality of our life.

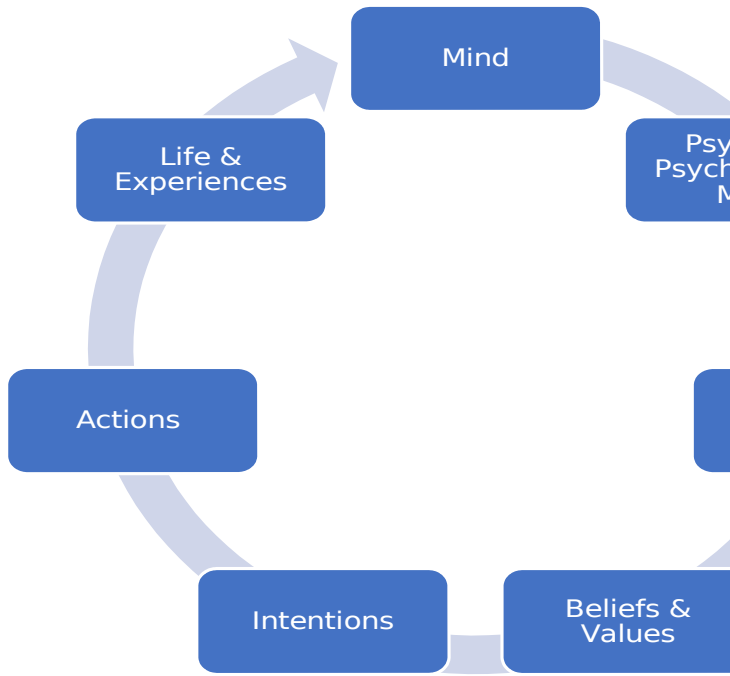
When we pass away the Spirit of Consciousness live on and the Human Being become deceased.

Spiritual Enlightenment makes us realise that we are Spiritual Energy which is consciousness.

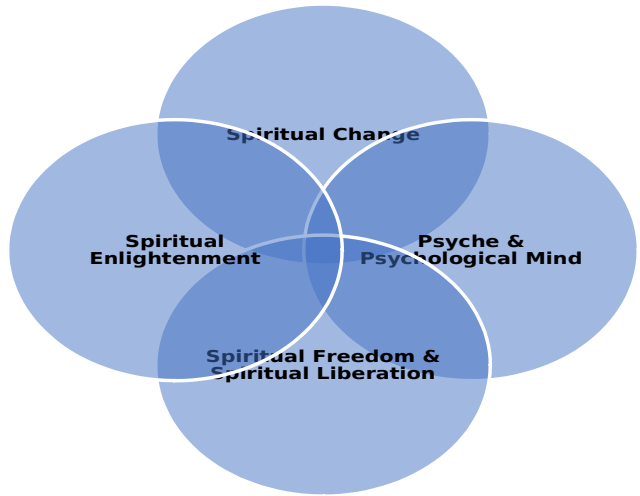
If you change your Spiritually Consciousness by going through 5 Spiritual Practices then you will discover No Self & Selflessness which is Emptiness and Nothing.

Human Being are Physical Form but Spiritual Change helps us to understand that Spiritual Energy has No Physical Form because it Spiritual, Timeless, Eternal.

The Process of Mind



Spiritual Enlightenment



10 Benefits of Spiritual Enlightenment

- 1. Inner Peace** – A deep sense of calm that remains even when life's external circumstances fluctuate.
- 2. Clarity of Mind** – Freedom from mental clutter, leading to clearer perception and decision-making.
- 3. Freedom from Fear** – Less identification with the ego reduces anxiety about death, failure, or the unknown.
- 4. Compassion for All Beings** – A natural expansion of empathy toward humans, animals, and the planet.
- 5. Detachment from Materialism** – Enjoying possessions and experiences without being enslaved by them.

6. Unshakable Joy – A happiness that doesn't depend on conditions, rooted in simply being.

7. Greater Resilience – The ability to navigate challenges without being emotionally overwhelmed.

8. Authenticity – Living in alignment with your true nature, without pretense or fear of judgment.

9. Deeper Connection – Feeling one with the universe, nature, or a divine presence beyond the individual self.

10. Liberation from Suffering – Understanding the nature of the mind and reality can dissolve habitual pain and dissatisfaction.



The Importance of Spiritual Enlightenment of Ending Overthinking - Ruminating - Negative Thinking

- Spiritual Enlightenment helps you to Overcome Overthinking - Ruminating - Negative Thinking
- Spiritual Enlightenment helps you to Overcome Suffering - Pain - Adversities
- Spiritual Enlightenment helps you to discover Spiritual Freedom & Spiritual Liberation
- Spiritual Enlightenment helps you to discover No Self & Selflessness
- Spiritual Change is the only way to change Psyche & Psychological Mind
- Spiritual Enlightenment is the Ending of The Self to No Self
- Spiritual Enlightenment is Spiritual Transformation of No Self & Selflessness
- Spiritual Enlightenment makes you Spiritual Awakened
- Spiritual Enlightenment helps you to understand Spiritual Truth & Spiritual Eternity
- Spiritual Enlightenment is No Self (Know Thyself) Understand Yourself Totally as a Human Being
- Spiritual Enlightenment is Spiritual Change in Psyche & Psychological Mind
- Spiritual Enlightenment helps you discover No Thoughts & No Thinking

- Developing 5 Spiritual Practices is how you discover Spiritual Change & Spiritual Enlightenment
- You are not your thoughts & thinking, you are Spiritual Energy in Human Form

Remember that Spiritual Enlightenment is the way you free The Self to No Self and become Spiritual Awakened & Spiritual Liberated. This means Ending of Overthinking - Ruminating - Negative Thinking. Spiritual Change is the way to End Suffering - Pain - Adversities.

Chapter 12 - Spiritual Education - Spiritual Learning & Spiritual Understanding

In this chapter we are going to talk about Spiritual Education – Spiritual Learning & Spiritual Understanding. We need to really understand the importance of Spiritual Education and how Spiritual Change helps you to learn about Spiritual Education – Spiritual Learning & Spiritual Understanding.

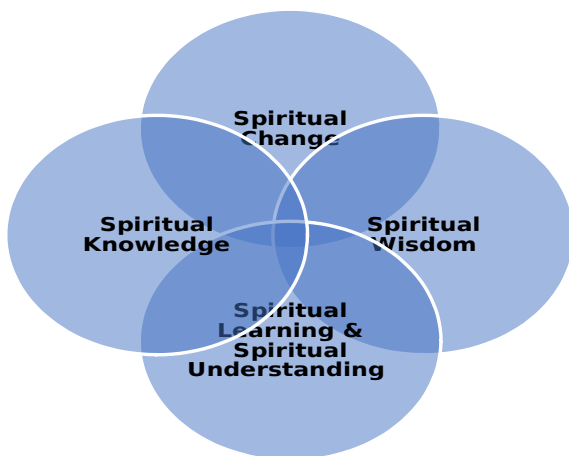
Spiritual Change is how you discover Spiritual Education & Spiritual Understanding which become very important in Faith & Spirituality.

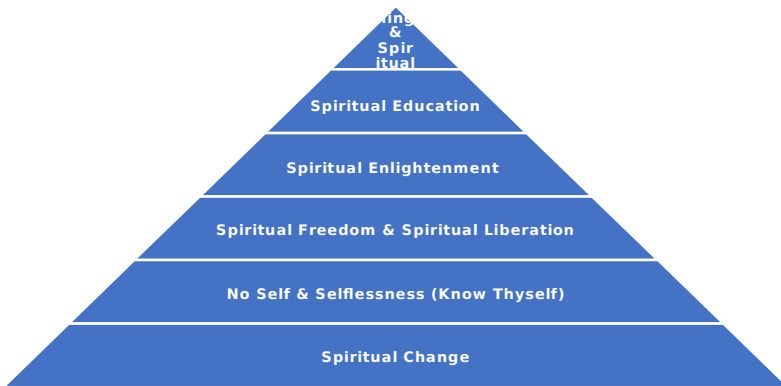
Overthinking – Ruminating – Negative Thinking is all to do with The Self which cause Suffering – Pain – Adversities. If we go through a Spiritual Change within the Psyche and Psychological Mind then this is the way to End Overthinking – Ruminating – Negative Thinking.

Spiritual Change become important in Faith & Spirituality because we cannot overcome Suffering – Pain – Adversities without become ***Spiritually Minded*** and discovering our Faith within Daily life. This is very important to realise because we cannot truly understand Spiritual Education – Spiritual Learning & Spiritual Understanding without Overcome the Self to Discover No Self.

No Self is Know Thyself (Understanding Yourself) which means No More Self which helps to Overcome Suffering - Pain - Adversities which End Overthinking - Ruminating - Negative Thinking.

I want you to understand readers that Spiritual Education is Spiritual Change





Spiritual Education is Understanding yourself as a human being. Remember we are not human being having a human experience. No. We are Spiritual Energy having a Human Experience.

You cannot understand Spiritual Education if you don't discover No Self & Selflessness within Daily life because this becomes the most important thing in life for Spiritual Development.

No Self & Selflessness is Spiritual Contributions in Helping Other People, Helping Animals, Helping Universe which means No More Self and Overcome the Self to No Self.

This is very important in life to truly discover because without Spiritual Change there no Spiritual Education.

Spiritual Education is something which is not taught by someone else who tell you how to discover Spiritual Education.

This is something that cannot be taught (Spiritual Education) it is something you discover when you find No Self & Selflessness which means Spiritual Change.

The Process of Spiritual Education



Spiritual Education is the process of Spiritual Change because when your Psyche & Psychological Mind changes Spiritually you realise there No Self & Selflessness which End Suffering - Pain - Adversities in Daily Life.

Overthinking - Runintating - Negative Thinking is thoughts and thinking of The Self.

There is No Self when you realise your not your thoughts & thinking you are Spiritual Energy.

Spiritual Education comes to people who have been on a Spiritual Journey of No Self & Selflessness to discover Spiritual Change which means Ending of Overthinking - Runinating - Negative Thinking.

We need to understand that Spiritual Education is not from School – College – University.

No Human Being can guide you to Truth but yourself and you're the light within yourself

Jiddu Krishnamurti “Truth is a Pathless Land”

There is no books or philosophy that can guide you to truth within yourself

If we want to Overcome Overthinking – Runinating – Negative Thinking then we need Spiritual Education which is Spiritual Change.

Millions of people are struggling to find Spiritual Education because they haven't gone through a Spiritual Change within Psyche & Psychological Mind.

Without the Spiritual Change you can not discover Truth, Faith, Spirituality which is not taught by someone.

Spiritual Change become very important in Faith & Spirituality because the Psyche & Psychological Mind needs to change Spiritual to discover Spiritual Truth and Spiritual Enligthenment.

You can not understand what Spiritual Enligthenment is until there is No Self & Selflessness which become the most important thing to discover.

Spiritual Education give you Spiritual Intelligence .

Spiritual Intelligence is not something that human beings can give to you. No

It is something you discover once you find the Spiritual Energy and light within yourself.

Light Within yourself is Salvation and Spiritual Change

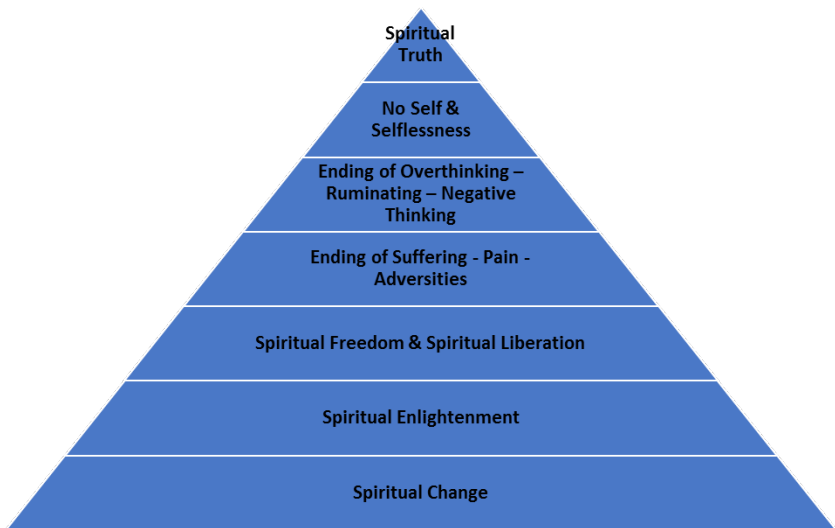
Millions of people can not discover this because of Suffering – Pain – Adversities within everyday living so they will keep Overthinking – Ruminating – Negative Thinking on Past Trauma and human conditioning which is causing Suffering – Pain – Adversities in daily life.

Spiritual Enlightenment is where you find Spiritual Education

Spiritual Education comes from Spiritual Change

Spiritual Change is how you discover No Self & Selflessness

The Process of Spiritual Enlightenment



The Process of Spiritual Change



Spiritual Education



Spiritual Learning & Spiritual Understanding is very important in Overcoming Overthinking – Runinating – Negative Thinking. It is important to understand that learning about your mind, thoughts, thinkings, feelings, emotions is the way you can transcred Overthinking – Runinating – Negative Thinking but focusing on what Jesus Christ – Jehovah – Buddha has Spiritually Called us to do.

Sometime when people go through Overthinking – Runinating – Negative Thinking they can stuck with all the thoughts & thinkings which affect feelings and emotions. It important to realise that Spiritual Learning & Spiritual Understanding is very important to learn and understand The Self. If we want to transcend The Self to No Self we need to realise that Spiritual Learning and Spiritual Understanding is what it takes to discover No Self.

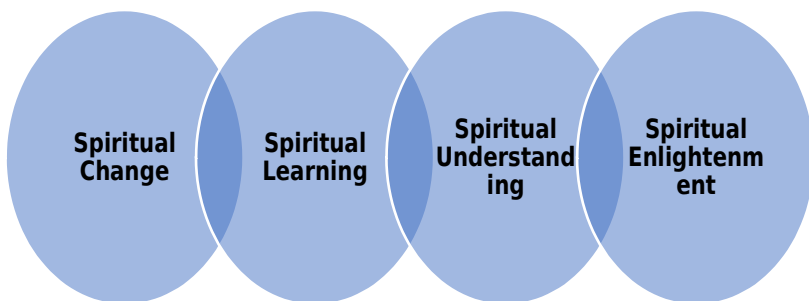
When you discover No Self your Spiritual Learning and Spiritual Understanding will grow within yourself as a human beings and you will start to see the light within yourself. The Light within yourself comes from Spiritual Learning and Spiritual Understanding.

We can learn to be observer of our thoughts & thinking and not react to every thought or thinking that comes into our mind.

The Observer is the Observed which means once you understand that Overthinking – Runintaing – Negative Thinking is happening within your mind the Observer can see that these are just thoughts & thinking and not the actually reality of how life is at the moment.

You are not your thoughts & thinking you are a Spiritual Energy living in Human Form

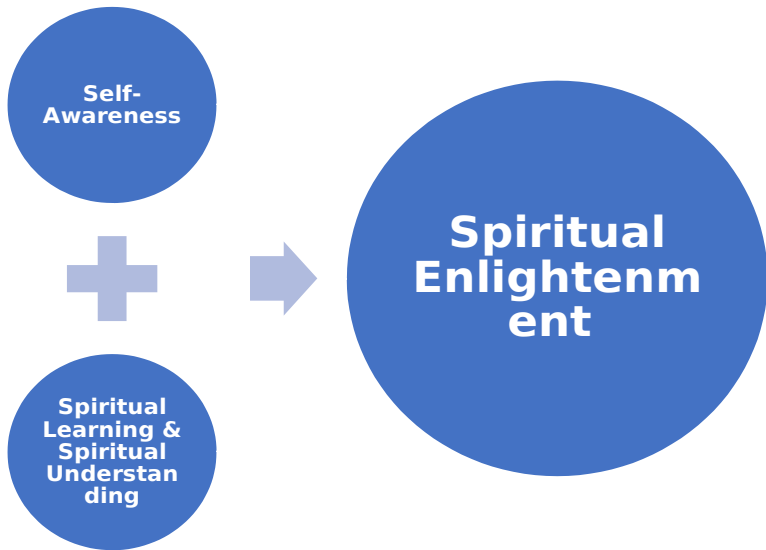
Life can become more easier once we understand that thoughts & thinking is not the actually reality of your daily life in the current moment.



To understand Spiritual Learning and Spiritual Understanding you need to look within your daily life as a Observer looking at the observed and see how your mind thinks and what thoughts come into your mind. When we see our thoughts & thinking for what it is which is ideas that come into the mind which is not who we are as human beings. We are not the ideas that come into our mind we are Spiritual Energy living in Human Form. Then we realise that the Thoughts & Thinking that we have in our mind doesn't need to become our daily life experience we can transcend this and change it.

Transcend Thoughts & Thinking is always about how Self-Aware you are with your mind and how to not react to the Thoughts & Thinking which is going on in your mind. Sometimes this can become very hard to learn because the mind sometimes is having lots of Thoughts & Thinking which affect our feelings and emotions.

Your Mind can transcend any thought or thinking once we become Self-Awareness of our feelings and emotions and how our thoughts & thinking doesn't have to demand how we feel about ourselves as human beings.



The Process of Spiritual Truth



- 1) **Spiritual Change** - No Self & Selflessness (Know Thyself)
- 2) **Spiritual Learning & Spiritual Understanding** - The Learning Process

- 3) **Spiritual Transcendence** - Transcend The Self to No Self
- 4) **Spiritual Freedom & Spiritual Liberation** - Spiritual Awakening
- 5) **Spiritual Enlightenment** - The Spiritual Change of No Self & Selflessness
- 6) **Spiritual Intelligence** - Spiritual Knowledge & Spiritual Wisdom
- 7) **Spiritual Truth** - Understanding of Life & Reality

Spiritual Change is how you discover Spiritual Learning & Spiritual Understanding when you Know Thyself (No Self). This is very important to End Overthinking - Runinating - Negative Thinking.

Spiritual Learning & Spiritual Understanding is how you learn more about No Self & Selflessness and you realise that your not your thoughts or thinking. Spiritual Change is very important to discover and it is the only way to discover No Self & Selflessness.

If you want to Overcome Overthinking - Runintating - Negative Thinking then you need to go through Spiritual Change and discover No Self & Selflessness. This is very important because we can not Overcome Overthinking - Runitating - Negative Thinking without going through Spiritual Change and really truly discovering who we are as human beings which is No Self & Selflessness.

Please remember that Spiritual Learning and Spiritual Understanding comes from Spiritual Change within the Psyche and Psychological Mind.

**Spiritually Change your thinking,
Spiritually Change your life**

**The Importance of Spiritual Education -
Spiritual Learning & Spiritual
Understanding**

- Spiritual Change is how you discover Spiritual Education
- Spiritual Learning & Spiritual Understanding comes from Spiritual Change
- Spiritual Education is something that can not be taught
- Spiritual Enlightenment is Spiritual Change
- Spiritual Education means Spiritual Learning & Spiritual Understanding Everyday
- Spiritual Change is the most important thing in Faith & Spirituality
- Spiritual Change helps you to discover No Self & Selflessness
- Spiritual Change helps you to discover Spiritual Freedom & Spiritual Liberation
- Spiritual Change helps you to discover Spiritual Education which is within yourself

- Spiritual Learning & Spiritual Understanding is Everyday Process
- Spiritual Education helps you to discover Spiritual Intelligence
- Jesus Christ – Jehovah – Buddha want you to go through Spiritual Change
- Spiritual Education is Spiritual Knowledge & Spiritual Wisdom

Chapter 13 - The Light Is Within You - Shine Your Light into The World

In this chapter we are going to talk about The Light is within you – Shine your light into the world. This is very important to learn and understand in daily life.

There is a light that is inside of you which need to be shine into the world. To understand the light that within you we need to Overcome The Self to discover No Self.

The light that is within you is always there and is waiting to be shine to the world. I want you to understand readers that you are not your thoughts or thinking you are a Spiritual Energy living in Human Form.

It is important to realise that millions of people are living in darkness due to depression, anxiety, stress, past trauma, human conditioning which is cause destructive, negativity, hatred, violence, corruption within the world and reality.

There are millions of people who have severe life experiences which has affect there mental health and well being which is causing distress, upset, resentment, suffering, pain, adversities for Humanity.

We can not be the light within the world without overcoming The Self to No Self

because The Self is what is causing all
Suffering – Pain – Adversities within the world
which is cause people to go through
Overthinking – Runinating – Negative Thinking.

Jesus Christ – Jehovah – Buddha want you to
find the Light that within yourself which no one
can tell you what the light is. This is something
you need to discover within yourself as you
Overcome The Self to No Self.

No Self & Selflessness is very important to
discover in life because we will live in Suffering
– Pain – Adversities if we don't go through a
Spiritual Change.

The Spiritual Change is the way you discover
the Light within yourself which help you to
discover No Self & Selflessness.

I want you to understand readers that you
have a light that inside of you already but you
need to find a way to shine that light in the
world.

Right Now the world need more Spiritual
Leaders, Spiritual Seekers, Spiritual Creators to
spread the Light within the world because right
now the world is full of darkness, corruption,
destruction which is very painful and hurtful to
see.

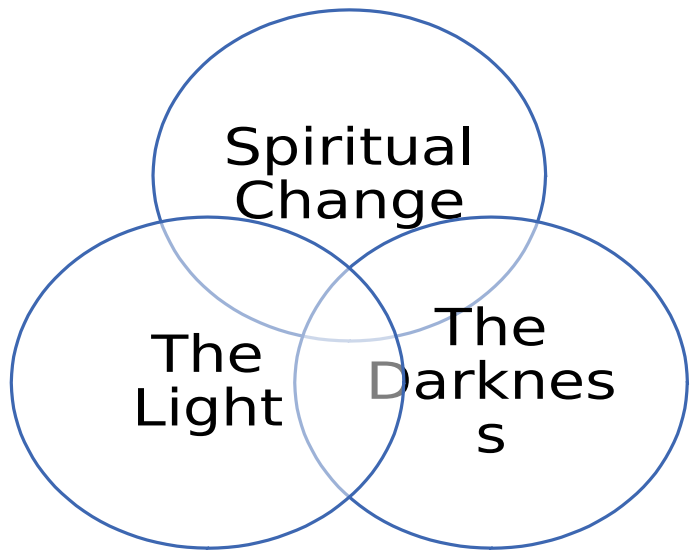
The light that comes from within is the Spiritual
Light that helps Humanity – Animals –
Universe.

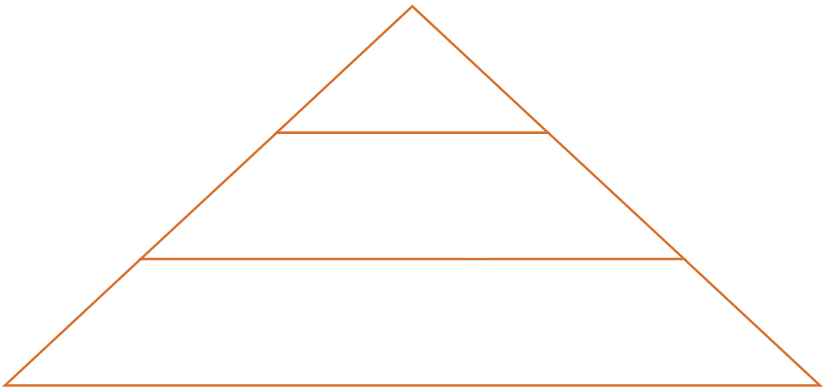
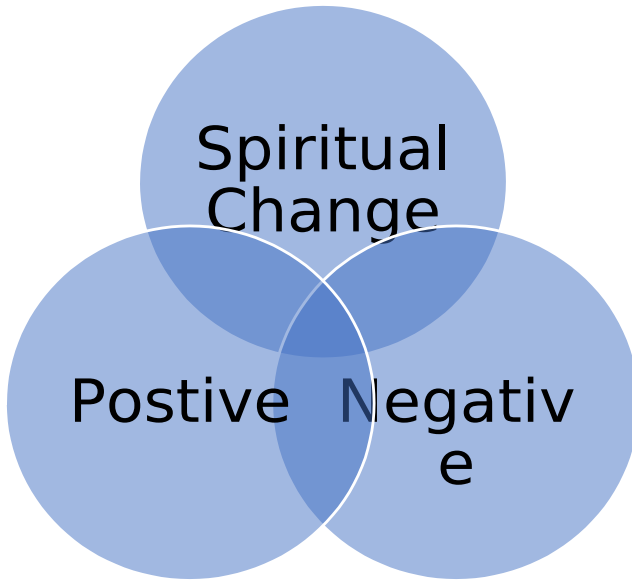
The Light that within you is the most important thing to discover in life because without the light you will live in darkness.

Spiritual Energy is the Spiritual Light of the world which is so important to discover and find in daily life.

Spiritual Change is very important to discover The Light within yourself because you need to go through a Spiritual Change within the Psyche & Psychological Mind to discover No Self & Selflessness.

This is very hard to find in this world of Corruption, destruction, negativity.





The Process of Spiritual Change



I want you to understand readers that The Light is already within you and you can discover it within your life if once you Overcome the Self to No Self.

The Self – Suffering – Pain – Adversities

No Self – Overcoming Suffering – Pain – Adversities

Understanding that you're not your thoughts or thinking you are Spiritual Energy living in Human Form. You need to understand that if you live in The Self you will go through Suffering – Pain – Adversities which will lead to corruption and destruction in life.

If you understand that Spiritual Energy is light within you that need to shine within the world

The Spiritual Energy is The Light that within yourself that you need to discover

If you go through Spiritual Change in Psyche & Psychological Mind then you will discover No Self & Selflessness.

No Self & Selflessness is THE LIGHT which the world needs in corruption, destruction, negativity.

The Light is already within you but you need to discover it in daily life

When you discover the Spiritual Change of No Self & Selflessness there is an Ending of Suffering – Pain – Adversities which means the

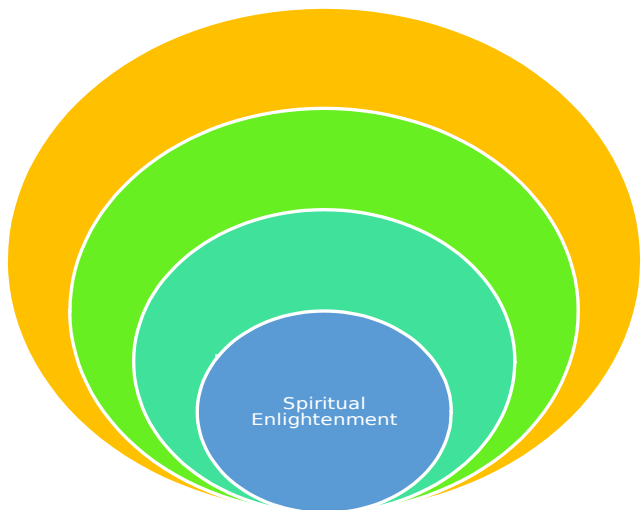
Ending of Overthinking – Ruminating – Negative Thinking which is called The Light (Spiritual Energy).

Spiritual Energy cannot be destroyed by darkness, corruption, destruction because it is the Nature Light of Jesus Christ – Jehovah – Buddha which we call the Spirit.

The Spirit and Spiritual Energy is Spiritual, Eternal, Timeless that live on forever even when human form pass away.

The light within you need to become shine in the world which is the most important thing in life to discover.

You are not your thoughts or thinking. No. Truly your Spiritual Energy in Human Form.





The light that is within you is something very important to realise within daily life and Spiritual Change is what help you to discover your Faith & Spirituality.

Faith & Spirituality is how you connect with Jesus Christ – Jehovah – Buddha. 5 Spiritual Practices is how you develop your Faith & Spirituality. 5 Spiritual Practices 1) Prayer, 2) Meditation, 3) Mindfulness, 4) Walking, 5) Journalling.

You need to develop 5 Spiritual Practice to understand Faith & Spirituality which is the light that come within you. This Light is Spiritual Energy which you find through Faith & Spirituality.

Your Faith & Spirituality become the most important thing in Spiritual Change.

Without Faith & Spirituality you cannot overcome The Self.

No Self & Selflessness is truly Faith & Spirituality which is discover through Spiritual Change

Spiritual Change is the Spiritual Transformation from The Self to No Self

Once we understand the light within you then we need to really focus on Spiritual Contributions

Your Spiritual Contributions is really focus on Helping Humanity, Helping Animals, Helping Universe.

This is so important in discovering the Light within yourself – Helping Other People & Giving Back

There are 5 Levels of Helping Other People

All 5 Levels of Helping Other People become the most important thing in Spiritual Change and discover the Light within yourself

“YOU CAN NOT HELP OTHER PEOPLE, IF YOU HAVEN’T OVERCOME THE SELF TO NO SELF”

I want you readers to truly understand of Spiritual Change of The Self to No Self

You cannot help other people if you live with The Self and this is the thing that need to Spiritually Change.

The Self – Suffering – Pain – Adversities

No Self – Overcome Suffering – Pain –
Adversities

5 Levels of Helping Other People

**Level 1 - Volunteering (Good
Level in Helping Other People)**

**Level 2 -
Jobs/Careers/Employment
(Great Level in Helping Other
People)**

**Level 3 -
Business/Entrepreneurship
(Highest Level in Helping Other
People)**

**Level 4 - Spiritual/Faith
(Spiritual Level in Helping
Other People)**

**Level 5 - Spiritually Helping
Other People Who Helping
Other People (Teaching Level
in Helping Other People)**



The Light Is Within You

- 1) Helping Humanity - 5 Levels of Helping Other People**
- 2) Helping Animals - Helping Animals & Creatures**
- 3) Helping Universe - Helping World - Society - Universe**

You will know the Light is within you once you done all 3 things here - Helping Humanity, Helping Animals, Helping Universe.

The Light is within you cannot be taught by someone else you have to discover this within yourself

Spiritual Contributions is you're "The Spiritual Legacy Now"

The Spiritual Legacy Now - "The Spiritual Difference"

The Importance of The Light Is Within You
- Shine Your Light into The World

- The Light is Within You - Shine Your Light into The World
- You already have the Light that is within you - you just need to discover it
- Jesus Christ - Jehovah - Buddha want you to go through Spiritual Change to discover the Light within yourself
- The world is full of corruption, destruction, negativity which is why we need to go through Spiritual Change to find The Light within yourself
- No Human Being can tell you the Light within yourself - This is something you need to discover
- Faith & Spirituality is the Light within you - Shine your light to the world
- You are not your thoughts or thinking you are Spiritual Energy living in Human Form
- The Light through Spiritual Change become the most important thing to discover in life
- Spiritual Change helps you to discover The Light within you

- The Light is Spiritual Eternal Timeless which live on forever after the Human Form pass away
- The Light will lead you to help Humanity - Animals - Universe
- The only true Spiritual Change is the Spiritual Change of Psyche & Psychological Mind
- The Light is how you live “The Spiritual Legacy Now”
- The Light will Overcome Darkness which is already within you
- Light over darkness this is important in daily life
- Spiritual Change is how you discover your Faith & Spirituality
- You need Faith & Spirituality to be The Light within yourself
- No Self & Selflessness is the Spiritual Change in life

Chapter 14 - No Self & Selflessness - Spiritual Transcendence

In this chapter we are going to talk about No Self & Selflessness – Spiritual Transcendence. It is important to realise that No Self & Selflessness comes through Spiritual Change. No Self & Selflessness is the Spiritual Transformation of Psyche and Psychological Mind. If we understand that we need to go through Spiritual Transformation to discover No Self & Selflessness then we understand the importance of Spiritual Change.

Right now, at the moment within the World & Society millions of people have not discover No Self & Selflessness which is one of the reasons and causes why Millions of people are going through Suffering – Pain – Adversities.

Overthinking – Ruminating – Negative Thinking is all to do with The Self which is causing Suffering – Pain – Adversities in millions of people lives which is affect Humanity – Animals – Universe.

No Self & Selflessness become the most important thing to discover in daily life because without going through Spiritual Change you cannot discover No Self & Selflessness.

Spiritual Change is important to learn within world & society because millions of people haven't discovered No Self & Selflessness which is causing massive Suffering – Pain – Adversities within daily life.

So, the question we need to ask ourselves is how do we discover No Self & Selflessness within daily life so this can help us to Spiritual Transformation the Psyche & Psychological Mind?

I want you to understand readers that Spiritual Change become the most important thing in No Self & Selflessness because you have to change The Self to discover No Self.

When we understand that No Self & Selflessness will helps us to find Spiritual Freedom and Spiritual Liberation in daily life then we can focus on how No Self & Selflessness can become the Spiritual Transcendence.

Spiritual Transcendence Meaning - generally refers to the experience of rising above the limitations of the ordinary self and worldly existence, often involving a sense of connection to something greater than oneself, such as a higher power, the universe, or a universal consciousness

No Self Meaning - In Buddhism, "no self" ([anatta](#) or [anātman](#)) refers to the

doctrine that there is no permanent, unchanging self or essence within any phenomenon

Selflessness Meaning - concern more with the needs and wishes of others than with one's own

No Self & Selflessness is Spiritual Transcendence from The Self to No Self which become the most important thing to learn in life.

Faith & Spirituality is important in Spiritual Change. To discover your Faith & Spirituality you need to go through Spiritual Change.

Without Spiritually Changing the Psyche and Psychological Mind you will always live in Suffering – Pain – Adversities which causes you to Overthinking – Ruminating – Negative Thinking.

You need to understand that Spiritual Change is very important because you need to Spiritually Change to Spiritual Transcend the Self to No Self.

No Self & Selflessness means No more Self (Know Thyself) (No I) (No Me) (No My) This is very important to learn and realise because The Self is what cause Suffering

- Pain - Adversities which is what our world & society is currently going through at the moment.

So Spiritual Change is the most important thing to discover in life because we cannot Spiritual Transcend the Self to No Self without Overcoming the Self to discover No Self.

Remember I said you are not your thoughts and thinking. No. Your Spiritual Energy living in Human Form.

Once you understand that Spiritual Energy Transcend everything in life and creations.

No Self & Selflessness is Spiritual Energy of No More Self which means the Ending of Suffering - Pain - Adversities which always means the Ending of Overthinking - Ruminating - Negative Thinking.

This is very important to realise because Spiritual Change connect you to Faith & Spirituality.

When you have Faith & Spirituality you discover Spiritual Energy

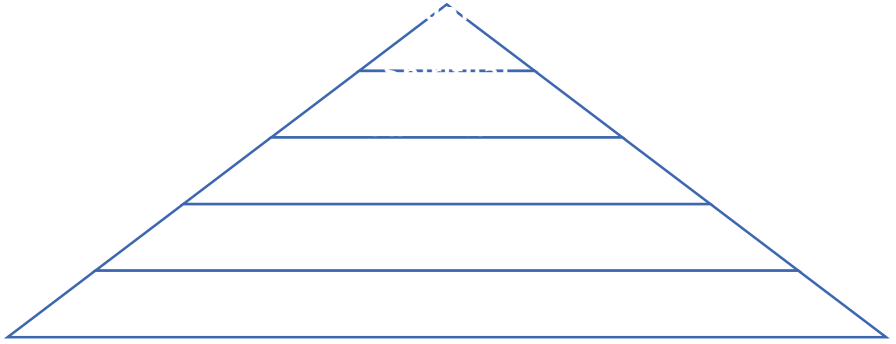
The Self has to be Spiritual
Transcendence in order to discover No
Self & Selflessness.

No Self & Selflessness is the Spiritual
Energy

The Process of Spiritual Change



The Process of Spiritual Transcendence



No Self & Selflessness is very important to understand in Spiritual Change.

No Self & Selflessness will help you to discover The Light within yourself which is Spiritual Energy

No Self & Selflessness is Spiritual Change of Psyche and Psychological Mind. Without going through a Spiritual Change within the Psyche & Psychological Mind you can never be free from Suffering – Pain – Adversities within daily life. It is important to realise that Spiritual Change is Spiritually Changing the Psyche and Psychological Mind.

Thoughts & thinking comes from Psyche and Psychological Mind which need to go through Spiritual Change.

No Self & Selflessness in Spiritual Transcendence is important for Overcoming

the Self to No Self which is very important in Faith & Spirituality.

Overcoming The Self is going to be a Spiritual Journey of No Self & Selflessness which all human beings need to learn and understand.

Spiritual Transcendence is Living life in Spiritual Energy, No Limits, No Barriers, No Space, No Time.

Once we understand that No Self & Selflessness is Spiritual Change then we realise that Spiritual Change is the most important thing to discover.

No Self & Selflessness helps you to develop your Faith & Spirituality with Jesus Christ – Jehovah – Buddha.

Millions of people haven't developed a relationship with Jesus Christ – Jehovah – Buddha because of The Self which is causing Suffering – Pain – Adversities.

So, the question we need to asked ourselves How do we truly end Overthinking – Ruminating – Negative Thinking?

If we end Suffering – Pain – Adversities through going through Spiritual Change then we end Overthinking – Ruminating – Negative Thinking.

The Self is the Problem – We need to Overcome the Self

Overcoming The Self is Spiritual Change

Discover No Self & Selflessness is Spiritual
Change in Faith & Spirituality

The Light is within you – discover the light
which is already inside of you

Spiritual Change become the most important
thing in daily life

Without Spiritual Change you cannot discover
No Self & Selflessness.

No Self & Selflessness is Spiritual
Transcendence of The Self to No Self

Spiritual Change helps you to connect with
Faith & Spirituality

Faith & Spirituality connect you to Jesus Christ
– Jehovah – Buddha



The Importance of No Self & Selflessness **- Spiritual Transcendence**

- No Self & Selflessness is the way to Spiritual Transcendence the Self to No Self
- Spiritual Change become the most important thing in daily life
- Faith & Spirituality comes from Spiritual Change
- You cannot Spiritual Transcendence the Self without Spiritual Change to No Self
- You are not your thoughts and thinking's you are Spiritual Energy
- To End Suffering – Pain – Adversities you discover No Self & Selflessness
- Spiritual Change brings Spiritual Freedom and Spiritual Liberation
- Spiritual Transcendence is important in Faith & Spirituality
- You can only build a relationship with Jesus Christ – Jehovah – Buddha through Faith & Spirituality
- The most important thing in daily life is Faith – Spirituality – Spiritual Change
- Spiritual Change is Spiritually Changing the Psyche & Psychological Mind
- No Self & Selflessness is Spiritual Energy
- No Self & Selflessness is Spiritual Eternity
- No Self & Selflessness is Spiritual Eternal Timeless Faith & Spirituality
- Spiritually Change your Thinking, Spiritually Change Your Life

- Spiritual Transcendence is
Transcendence the Self to No Self

Once we understand that No Self & Selflessness is Spiritual Transcendence then we need to focus on Spiritual Contributions.

The only way to really do Spiritual Contribution is when you Overcome the Self to No Self.

Spiritual Contributions

5 Levels of Helping Other People

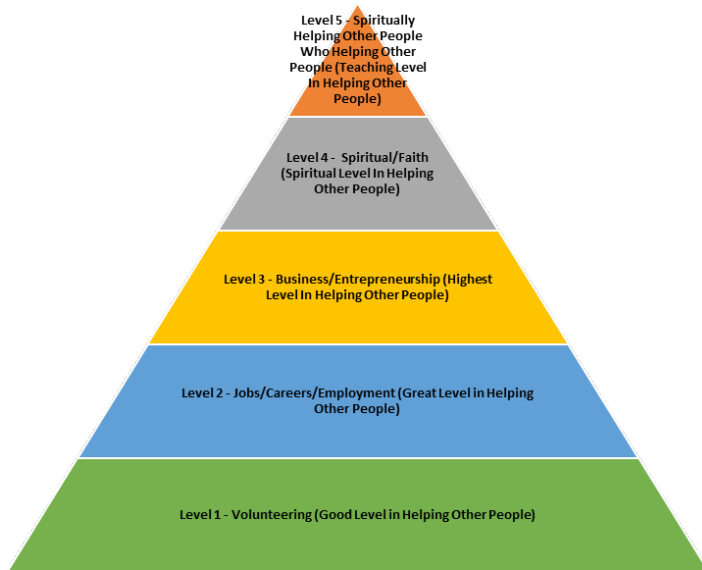
Level 1 - Volunteering (Good Level in Helping Other People)

**Level 2 -
Jobs/Careers/Employment
(Great Level in Helping Other People)**

**Level 3 -
Business/Entrepreneurship
(Highest Level in Helping Other People)**

**Level 4 - Spiritual/Faith
(Spiritual Level in Helping Other People)**

Level 5 - Spiritually Helping Other People Who Helping Other People (Teaching Level in Helping Other People)



The Light Is Within You

- 1) Helping Humanity - 5 Levels of Helping Other People**
- 2) Helping Animals - Helping Animals & Creatures**
- 3) Helping Universe - Helping World - Society - Universe**

Spiritual Contributions become the most important thing in No Self & Selflessness – Spiritual Transcendence.

Once you gone through Spiritual Change you will discover No Self & Selflessness which will lead to Spiritual Contributions. “The Spiritual Legacy Now” – “The Spiritual Difference”. Making a Difference to Humanity – Animals – Universe is Spiritual Contributions

Chapter 15 - Spiritual Freedom & Spiritual Liberation - Ending of Suffering - Pain - Adversities

In this chapter we are going to talk about Spiritual Freedom & Spiritual Liberation - Ending of Suffering - Pain – Adversities.

Spiritual Change is the way to find Spiritual Freedom & Spiritual Liberation which is the End of Suffering – Pain – Adversities. When we understand that Spiritual Change is the most important thing in Spiritual Freedom & Spiritual Liberation then we realise that we need to go through Spiritual Change to become free and awakened from Suffering – Pain -Adversities.

Ending Suffering - Pain - Adversities means the Ending of Overthinking - Ruminating - Negative Thinking.

We need to go through a Spiritual Change within the Psyche & Psychological Mind to find Spiritual Freedom & Spiritual Liberation.

Spiritual Change helps to discover No Self & Selflessness which means Spiritual Freedom & Spiritual Liberation from Suffering – Pain – Adversities. It is important to realise that Spiritual Change is the only way we can free ourselves from Suffering – Pain – Adversities which means the Ending of Overthinking – Ruminating – Negative Thinking.

When your Psyche & Psychological Mind go through Spiritual Change this Spiritually changes your Thoughts & Thinking which is very important in Overcoming Suffering – Pain – Adversities.

The Self is the problem because this is where all Suffering – Pain – Adversities comes from because we haven't discovered ourselves as human beings and we haven't gone through a Spiritual Change and Spiritual Transformation.

Spiritual Change helps to Overcome the Self to No Self which is true Spiritual Freedom and Spiritual Liberation.

You are not your thoughts and thinking your Spiritual Energy living in Human Form

The important thing to realise is that Spiritual Change is Spiritual Freedom & Spiritual Liberation. You need to Spiritual Change the

Psyche & Psychological Mind to find Love & Peace in Spiritual Freedom & Spiritual Liberation within the Mind.

You can discover Spiritual Energy by going through Spiritual Change in Psyche & Psychological Mind. Spiritual Energy is your natural birth right which all human beings can find within yourself once we go through the process of Spiritual Change.

Spiritual Change helps you to discover No Self & Selflessness which means No More Self (Know Thyself) (No Self). When you discover No Self & Selflessness you will discover Spiritual Energy and Spiritual Love.

Spiritual Energy & Spiritual Love is the purest thing in creation which helps you to become free, liberated, awakened.



The Process of Spiritual Change



The Process of Spiritual Freedom & Spiritual Liberation



Spiritual Freedom Meaning - Spiritual freedom means being liberated from internal and external constraints, allowing one to live authentically and in alignment with their true self. It involves breaking free from the ego, fear, and limiting beliefs, and cultivating inner peace, self-awareness, and a sense of unity with something greater than oneself. This state is not defined by religion or specific rituals, but rather by an individual's personal journey towards self-realization and connection with their inner truth.

Spiritual Liberation Meaning - Spiritual liberation generally refers to the state of freedom from suffering, ignorance, and the cycle of rebirth, as understood in various spiritual and philosophical traditions. It's a profound transformation of consciousness, often described as a release from the ego and a realization of one's true nature or connection with the divine.

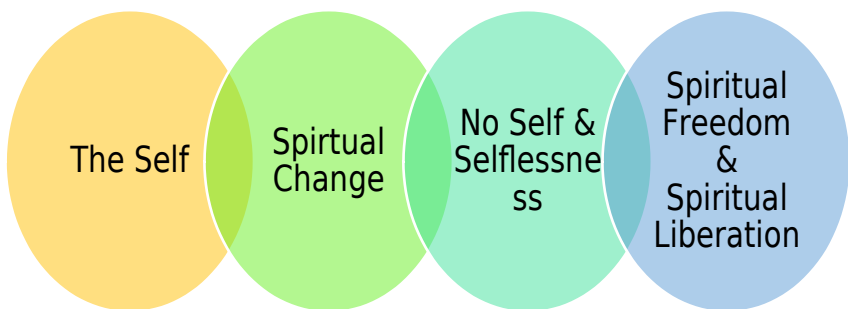
Spiritual Enlightenment Meaning - Spiritual enlightenment generally refers to a profound awakening or understanding of one's true nature and the nature of reality, often leading to a sense of liberation, peace, and connection to something larger than oneself. It's a shift in consciousness where the individual transcends the limitations of the ego and experiences a deeper, more interconnected reality.

No Self Meaning - In Buddhism, "no self" ([anatta](#) or [anātman](#)) refers to the doctrine that there is no permanent, unchanging, or independent self or essence within any phenomenon, including humans. It's not a denial of existence, but rather a strategy to detach from the idea of a fixed self to overcome suffering.

Selflessness Meaning - concern more with the needs and wishes of others than with one's own.

Spiritual Awakening Meaning - A spiritual awakening, often described as enlightenment,

is a shift in consciousness where one's perception of reality transcends the limitations of the ego and connects with a deeper, more expansive sense of self and the universe. It's a process of personal transformation characterized by a change in worldview, increased self-awareness, and a heightened sense of connection to others and the world around them.



I want you to understand readers that Spiritual Change is the only way to transform The Self to

No Self & Selflessness. If we don't go through a Spiritual Change within the Psyche & Psychological Mind, we can never discover Spiritual Freedom and Spiritual Liberation.

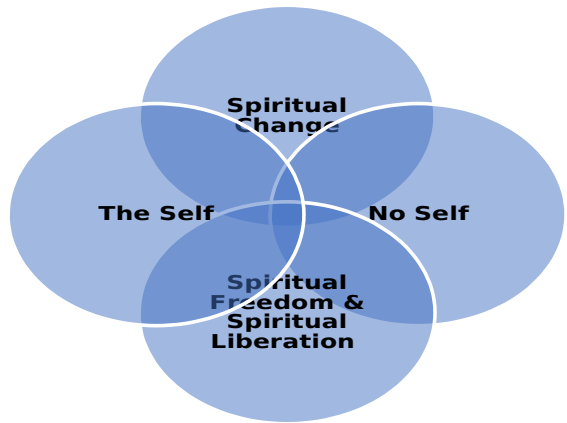
Spiritual Freedom & Spiritual Liberation is your natural birth right as human being we come into the world free and spiritually alive.

Jesus Christ – Jehovah – Buddha want you to become Spiritually Freed and Spiritual Liberated.

It is important to realise that Overthinking – ruminating – Negative Thinking is all to do with past trauma and human conditioning which affect human mind, behaviour, personality, characteristics.

We need to go through Spiritual Change within the Psyche & Psychological Mind to Overcome the Self to No Self.

Only when you discover No Self & Selflessness are you free from Suffering – Pain – Adversities.



The Importance of Spiritual Freedom & Spiritual Liberation

- **Spiritual Freedom & Spiritual Liberation comes from Spiritual Change**
- **Spiritual Freedom & Spiritual Liberation is important to Overcome the Self to No Self**
- **Spiritual Freedom & Spiritual Liberation is the only way you can Overcome Suffering - Pain - Adversities**
- **Spiritual Freedom & Spiritual Liberation is Spiritual Enlightenment**
- **Spiritual Freedom & Spiritual Liberation is the Ending of Suffering - Pain - Adversities**
- **Spiritual Freedom & Spiritual Liberation is the Ending of Overthinking - Ruminating - Negative Thinking**

- **No Self & Selflessness brings you Spiritual Freedom & Spiritual Liberation through Spiritual Change**
- **No Self & Selflessness is Spiritual Freedom & Spiritual Liberation from The Self**
- **No Self & Selflessness Stop Thoughts & Thinking of The Self to No Self**
- **Spiritual Freedom & Spiritual Liberation is the only way to find Spiritual Eternity**
- **Jesus Christ - Jehovah - Buddha want you to go through Spiritual Change and discover Spiritual Freedom & Spiritual Liberation**
- **Spiritual Freedom & Spiritual Liberation is a Spiritual Change in Psyche & Psychological Mind**
- **Spiritually Change your thinking, Spiritual Change your Life, spiritually discover No Self & Selflessness, spiritually find Spiritual Freedom and Spiritual Liberation**

Summary of Spiritual Freedom & Spiritual Liberation - Ending of Suffering - Pain - Adversities

- **Spiritual Freedom & Spiritual Liberation is Ending of Suffering - Pain - Adversities**

- **Spiritual Freedom & Spiritual Liberation is Spiritual Change of Psyche & Psychological Mind**
- **Spiritual Freedom & Spiritual Liberation is Ending of Overthinking - ruminating - Negative Thinking**
- **Spiritual Change is how you discover No Self & Selflessness**
- **Jesus Christ - Jehovah - Buddha want you to go through Spiritual Change**

Please remember readers that Spiritual Freedom & Spiritual Liberation comes through Spiritual Change of Psyche & Psychological Mind.

Spiritual Change is the future of Humanity - Animals - Universe

Jesus Christ - Jehovah - Buddha want you to go through Spiritual Change to find Spiritual Freedom & Spiritual Liberation within Psyche & Psychological Mind.

Chapter 16 - Thank You

I would like to say thank you to Paul Dorrington (Lead Employment Specialist), Karen Meechan (Clinical Psychology), Dag Heward Mills (Pastor, Evangelist, Teacher), Jiddu Krishnamurti (Philosopher, Spiritual Teacher), Jesus Christ - Jehovah - Buddha for helping to write this amazing book and for helping me to overcome my adversity & suffering.

Paul Dorrington (Lead Employment Specialist) - Paul Dorrington helped and supported me when I was 24 - 25 years from homelessness and mental health crisis to get back into Paid Employment in the Mental Health Industry. Paul Dorrington is my Spiritual Hero and I value and respect all of the support and help Paul Dorrington has given me through my years. Christopher Liam Rose & Paul Dorrington's professional relationship has been for 10 years since 2014 - Present. Christopher Liam Rose

owes his whole life to Paul Dorrington for showing him mental health recovery and hope, faith, control, and opportunity. Christopher Liam Rose has now worked with Paul Dorrington as an Employment Specialist in SWLSTG at North Kingston Team but will slowly be moving on to a Peer Support Coordinator role at SWLSTG (Sutton Jubilee Health Centre). Christopher Liam Rose's dream was to work with Paul Dorrington in mental health recovery and IPS Employment Specialist Support. Since Christopher Liam Rose has worked with Paul Dorrington in SWLSTG as an Employment Specialist he has received 2 Awards for excellent IPS Employment Specialist work.

Karen Meechan (Clinical Psychologist) - Karen Meechan helped and supported Christopher Liam Rose in 2014 in Psychology and Counselling Therapy when Christopher Liam Rose went

through homelessness and a mental health crisis. Karen Meechan is the main reason why Christopher Liam Rose has developed persistence, resilience, and coping strategies to manage his mental health conditions and learning difficulties of Schizophrenia, Psychosis, Depression, Diabetes, and Dyslexia. Karen is my Spiritual Hero and has helped me to recover from my mental health conditions and learning difficulties. Karen taught Christopher Liam Rose about dealing with Past Trauma, setbacks, overcoming adversity, and life challenges. Karen was the first person that Christopher Liam Rose opened up about his past and trauma. On 30/09/2024 Christopher Liam Rose lost his home and all of his possessions in a fire that burned away everything that Christopher Liam Rose owned including possessions and music equipment. Karen helped Christopher Liam Rose deal with the fire and past trauma he experienced and showed him

the light in helping other people and giving back. Karen told Christopher Liam Rose to write in journals to process his life, feelings, emotions, dreams, and desires. Christopher Liam Rose has been writing in journals since 2015 - Present and how many journals of his past life and experiences within the journals. Christopher Liam Rose & Karen Meechan's professional relationship was from 2014 - 2020 when Karen Meechan supported Christopher Liam Rose in Psychological Therapy 2 times 1) Psychology & Counselling in 2014 2) Psychology & Counselling in 2018. Christopher Liam Rose has experienced serious life setbacks and challenges which Karen Meechan helped me to deal with. Because of Karen Meechan, I can live a normal life and I have recovered from mental health illness.

Dag Heward Mills (Teacher, Pastor, Evangelist) - Dag Heward Mills has been

my spiritual Christian father and leader in my Christianity & Spirituality. I have been attending Dag Heward Mills church called Lighthouse Chapel International #LCI 2014 - present. Christopher Liam Rose respects and honours Dag Heward Mills for all of his teachings, sermons, videos, and audio that he has been learning from since 2014. Dag Heward Mills is one of the main reasons why Christopher Liam Rose has stayed in faith, Christianity, and Spirituality. I have become an Evangelist and Teacher in Christianity and Faith based on Dag Heward Mill's Teachings. I owe my Christian walk with God to Dag Heward Mills and I am very grateful to be a part of Dag Heward Mills church and congregation.

Jiddu Krishnamurti (Spiritual Teacher, Philosopher) - Jiddu Krishnamurti is a very special spiritual teacher and philosopher that helped me with Spirituality and faith. I discovered Jiddu

Krishnamurti's Videos Series - A Wholly Different Way of Living with Dr Allan San Diego 1974 on YouTube when I was going through a mental health crisis and breaking up with my ex-partner. Because I watched Jiddu Krishnamurti videos talking about Spirituality, Meditation, Mindfulness, God, Faith, and Religion I started to become a Spiritual person and was practicing meditation and mindfulness. Jiddu Krishnamurti is the main reason why I have changed all of my life spiritually and become a very spiritual person. Jiddu Krishnamurti helped me to find Spirituality and God and I would have not been able to achieve Spiritually Freedom from the known without Jiddu Krishnamurti's teachings. I have a spiritual aura and spiritual presence because of the teachings of Jiddu Krishnamurti who is my spiritual teacher and spiritual philosopher.

Jesus Christ - Jehovah - Buddha - This has become the most important thing in my life to learn and understand Jesus Christ - Jehovah - Buddha. My faith, Spirituality, and Christianity & Buddhism are very important to me, and being with Jesus Christ - Jehovah - Buddha makes me Spiritual. Being a Christian and learning about Faith, Spirituality, Buddhism Christianity has become everything to me and more. My love and devotion for Jesus Christ - Jehovah - Buddha is everything and that is why I can be an Evangelist, Activist, Teacher in Faith, Spirituality, Buddhism, Christianity.

My spiritual heroes are very important to me in my life story and journey, and they are all the reasons why I have become a spiritual person.

I want you to understand dear readers that you can become spiritual and live a meaningful productive life. My life has been very difficult and challenging but I

would change any of my life experiences because they made me who I am today. The only things I would change about my life are the things I did to hurt other people like --ex-partners, family, and childhood abuse.

My life is not perfect by any means, but I have learned very important life lessons that I want to share in my life story. Please remember readers I am only a human being, and I am not perfect but I want you to feel inspired and hopeful about your future, and by reading my books you will find faith, Spirituality, Buddhism, Christianity and become the person you want to be.

Christopher Liam Rose Books

- 1) Christopher Liam Rose Life Story (Part 1)
- 2) Be What You Want to Be
- 3) The 15 Successful Habits
- 4) Selfless
- 5) Anointing
- 6) Life Purpose
- 7) Helping Other People

- 8) Giving Without Receiving**
- 9) Fulfillment**
- 10) Learn**
- 11) It Is Not the Problems That Make You Who You Are, It Is the Person You Become That Make You Who You Are**
- 12) The Evangelism Ministry**
- 13) Learning Is a Part of Living**
- 14) The Self Is the Problem**
- 15) I Don't Want**
- 16) No Self**
- 17) Miracles**
- 18) Christopher Liam Rose Journal 2015 - 2016**
- 19) (Living With Jesus Christ & God) - Christopher Liam Rose Journal 2016 - 2017**
- 20) Losing, Sacrificing, Suffering**
- 21) Observation**
- 22) Christopher Liam Rose Testimony**
- 23) SGR BOOKS - Christopher Liam Rose Music Discography**
- 24) Christopher Liam Rose Journal 2018 - 2019**
- 25) Christopher Liam Rose Life Story (Part 2)**
- 26) Christopher Liam Rose Life Story (Biography)**
- 27) Imperfection To Perfection (Repentation)**
- 28) Christopher Liam Rose Journal 2019**
- 29) SGR BOOKS - Christopher Liam Rose Music Discography (Instrumentals)**
- 30) Losing Is Inevitable**
- 31) Christopher Liam Rose Life Story (Part 3)**

- 32) 4 Levels of Helping Other People
- 33) 4 Levels of Helping Other People
(Complete Version)
- 34) Overcoming Adversity - Life
Challenges - Life Problems #OALCLP
- 35) How To Overcome Suffering #HTOS
- 36) Pay The Price #PTP
- 37) 5 Spiritual Practices #5SP
- 38) No Self Explained #NSE
- 39) Spiritual Change #SC
- 40) Poetry (Volume 1) #PV1
- 41) How To Overcome Overthinking -
Ruminating - Negative Thinking
#HTOORNT

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<https://www.tiktok.com/@christopherliamrose>

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Apple Music -
<https://music.apple.com/us/artist/christopher-liam-rose/1561501380>

Amazon Music -
<https://music.amazon.co.uk/artists/B091NQRNNS/christopher-liam-rose>

Soundcloud -
<https://soundcloud.com/christopherliamrose>

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Christopher Liam Rose Websites:

Christopher Liam Rose Music -
<https://christopherliamrosemusic.com/>

Christopher Liam Rose Journal -
<http://christopherliamrosejournal.com/>